

Falls Church Recreation & Parks



Fall 2017

Registration Dates:

Residents: August 14; Non-Residents: August 21

Register Online at www.fallschurchva.gov/recreation

photo by Genevieve Llamas

Farmers Market



photo by Gary Mester

OPEN YEAR ROUND!

Saturdays in City Hall Parking Lot,
300 Park Avenue

Now-December 30, 2017, 8am-Noon

January 6-March 31, 2018, 9am-Noon

Enjoy fresh fruit, vegetables, flowers and more!

Sunset Cinema

Friday evenings, September 8, 22, and 29
8:00pm or dusk at Cherry Hill Park

Not just one, but three evenings full of free fun for the entire family! Bring a blanket and bug spray and spend the evening watching a movie on our large outdoor screen. Popcorn, candy, drinks and food from a local food truck will be available for purchase.

Vote online at www.fallschurchva.gov/sunsetcinema



42nd Annual Taste of Falls Church at the Fall Festival



photos by Gary Mester

Saturday, September 16, 10am-4pm
Cherry Hill Park, 312 Park Avenue

Enjoy a day full of live entertainment, children's activities, amusement rides and more. Be sure to bring an appetite as local restaurants will be sampling their unique cuisine! Come and visit the many local civic organizations, businesses, artists and craft vendors that will be present.

24th Annual Farm Day

Saturday, October 7, 10am-3pm
Cherry Hill Park, 312 Park Avenue

Enjoy hayrides, pony rides, a petting farm, scarecrow making, pumpkin painting, blacksmithing and more. For scarecrows please bring a long sleeved shirt, long pants and an old pair of pantyhose. For more information call 703-248-5171.



Halloween Carnival

Saturday, October 28, 6-7pm Infants to
Kindergarteners, 7:30-8:30pm 1st to 5th Graders

Falls Church Community Center,
223 Little Falls Street

Tons of candy, games,
face painting, a live creepy
creature show and more!
Fun for the entire family!



Veterans Day Ceremony

Saturday, November 11, 11am
Falls Church Veterans Memorial
223 Little Falls St.



25th Annual Holiday Gift & Craft Show

Saturday, December 2, 9am-4pm
Sunday, December 3, 11am-4pm
Falls Church Community Center,
223 Little Falls St.

Come enjoy over 50 juried crafters selling handmade items.
Admission is \$1 Children under 12 free.

Event Sponsorships Available!

The City of Falls Church has many sponsorship opportunities for its special events. To learn more about how you or your business can sponsor a City special event, please contact the Recreation & Parks Dept at 703-248-5199 or cmadison@fallschurchva.gov.

Falls Church Community Center, Kenneth R. Burnett Building Hours of Operation

Monday-Thursday: 8am-10pm
Friday: 8am-11pm
Saturday: 8:30am-11pm
Sunday: 2-6pm (April-December)
12-6pm (January-March)

Community Center Holiday Schedule

The building will be closed on September 3 & 4, November 23, December 24 & 25 and January 1. The building will close at 5pm on December 31.

Hobby Class Holiday Schedule

Classes will not be held on City-observed legal holidays unless otherwise noted. No classes held October 9, November 11, 23-26, December 2-3.

Teen Gym Time

Ages 13-19 only: Friday and Saturday, 7-11pm

Adult Gym Time

Ages 19 and over only: Monday, 8-11pm.
Subject to gym availability.

Phone Numbers

Recreation & Parks Department Office.....703-248-5077
Falls Church Community Center.....703-248-5027
Falls Church Senior Center.....703-248-5020
Teen Center Office703-248-5307
Cherry Hill Farmhouse.....703-248-5171
Fax703-536-8150
Open Gym.....703-248-5077
Inclement Weather Hotline.....703-248-5077

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Recreation & Parks Staff

Daniel J. Schlitt, *Director*
Amy Maltese, *Hobby Class Coordinator, Deputy Director*
Chris Madison, *Special Events, Program Supervisor*
Jimmy Ruby, *Sports Coordinator, Program Supervisor*
LaShawn Timmons, *Teen and Camp Coordinator, Program Supervisor*
Tracy Browand, *Senior Center Coordinator, Senior Recreation Specialist*
Corey Jannicelli, *Cherry Hill Farmhouse Coordinator, Recreation Specialist*
Kyle Clarke, *Recreation Specialist*
Keke Sidik, *Senior Administrative Assistant*
Lisa Reid, *Administrative Assistant*
Howard Herman, *Farmers' Market Manager*
Chelsea Arenas, *Preschool Teacher*
Mike Noyes, *Crew Leader, Parks and Landscape Maintenance*
Juan Salguero, *Building Maintenance Worker*
William Kargbo, *Building Maintenance Worker*
Drew Loszynski, *Landscape Maintenance Worker*
Raul Chafloque, *Landscape Maintenance Worker*
Charlie Buettner, *Building Maintenance Worker*

Advisory Board of Recreation and Parks

Steve Selby, *Chair*
Charles O'Hara, *Vice Chair*
Kathryn Chandler
Lindy Hockenberry, *Planning Commission Representative*
Lori Lafave
Leslie Rye
Justin Castillo, *School Board Representative*
Marybeth Connelly, *City Council Liason*



Cherry Hill Farmhouse



Cherry Hill Farmhouse

312 Park Avenue

703-248-5171

The Cherry Hill Farmhouse is located on Park Avenue, near City Hall and the Falls Church Community Center. The house hosts several special events, educational workshops, and seasonal programs annually. It is also available to rent for special occasions.

Cherry Hill Farmhouse was completed in 1845. The well-preserved house is an excellent example of a Greek Revival Style framed home of the period. Today the house is fully furnished with antiques of the mid-19th century. Historic interpretations of the house focus primarily on the time period 1856-1865 when the Blaisdell family lived at Cherry Hill.

William Blaisdell purchased the 73-acre farm in 1856. He sold the produce he grew on the premises at the Centre Market in Washington, D.C. Mr. Blaisdell successfully managed the farm through the Civil War. The City of Falls Church now owns and operates the Cherry Hill Farmhouse Museum, and its remaining property, known today as Cherry Hill Park. The household furnishings and antique tool collection in the Barn are owned by the Friends of Cherry Hill.

Today, reenactments, concerts, readings, lectures, workshops, teas, and private events take place at Cherry Hill throughout the year. Special tours can be arranged for large groups, scout troops, and school children by calling **703-248-5171**. The house is open to the public Tuesday through Friday between the hours of 9am and 3pm. April through October the house is also open on Saturdays from 10am-12noon. We strongly encourage all visitors to call ahead to ensure tour availability, **703-248-5171**.

Cherry Hill can also be rented for special occasions. The house and surrounding park provide a lovely setting for wedding receptions and small parties. The house capacity is 50 people for a standing event and 20 for a seated gathering. For larger parties, the outside grounds can be used and a tent is recommended. Reservations may be made through the Recreation and Parks Department at **703-248-5027**. For more information on any scheduled events, rental information, and availability of the Cherry Hill Farmhouse, please call **703-248-5171**.

Farm Day

Enjoy a day of old fashioned fun and activities for the whole family, including: horse drawn hayrides, petting farm, pony rides, pumpkin painting, scare crow making (bring your own long pants and a sleeved shirt), live music, tours of the farmhouse and barn, blacksmith demonstrations, and food. Free Admission, fee for some activities.

Date: Sat 10/7 **Time:** 10am – 3pm

Location: Cherry Hill Farmhouse & Park

Call **703-248-5171** for more information.

Fall Harvest Tea

Join us for this special tea celebrating the harvest season and the history of Falls Church as a farming village. Guests will dine on sandwiches, assorted sweets, scones, and hot tea! Hosted by the Friends of Cherry Hill Foundation. ***Reservations are Required***

Date: Sun 10/22 **Time:** 2 – 4pm

131500-A

Fee: \$33 per person

Location: Cherry Hill Farmhouse

Please direct questions to the Cherry Hill Farmhouse at **703-248-5171** but enroll through the Recreation and Parks Department.

Murder Most Victorian

Ever wondered where Victorian authors got their inspiration for scary stories? This year's literary event includes actual crimes of murder! Learn the fate of both the victims and their killers. There's a little something for everyone ranging from poison, dismemberment, jealousy, lust, and that tried and true motive for murder, greed. So join us for an evening of "true crime" Victorian style presented as only we can! **This Program is designed for adults -Reservations Required**

Date: Fri 10/27 **Time:** 8 pm

Fee: \$5 per person

Location: Cherry Hill Farmhouse

Call **703-248-5171** for more information and reservations

Civil War Christmas

Start your Christmas Season off with a visit to Cherry Hill Farmhouse to see how Christmas was celebrated during the Civil War. Costumed re-enactors welcome friends, neighbors, and soldiers who gather for some holiday cheer in the midst of the conflict. Period decorations, music, holiday stories, and children's activities are all part of the festivities.

Date: Sat 11/25 **Time:** 10am – 2pm

Fee: Free Admission

Location: Cherry Hill Farmhouse

Call **703-248-5171** for more information.

Cherry Hill Farm & School Break Programs

Children's Holiday Shoppe

This fun annual event is an opportunity for children to purchase inexpensive gifts for their family members with help from volunteers. All gifts are \$6 or less and gift wrapped for free. Hosted by the Friends of Cherry Hill Foundation.

Date: Sat 12/2 **Time:** 10am – 2pm

Location: Cherry Hill Farmhouse

Call **703-248-5171** for more information.



Holiday Tea

Enjoy a special holiday tea and talk at the historic farmhouse. The house will be decorated in mid-19th century period décor and will include a tree. The talk will be presented by the 1858 mistress of Cherry Hill. As always the tea consists of tea sandwiches, assorted sweets, warm scones and a bottomless cup of tea. Hosted by the Friends of Cherry Hill Foundation ***Reservations are Required***

Date: Sat 12/9 **Time:** 2-4pm

131501-A **Fee:** \$33

Date: Sun 12/10 **Time:** 2- 4pm

131501-B **Fee:** \$33

Location: Cherry Hill Farmhouse

Please direct questions to the Cherry Hill Farmhouse at **703-248-5171** but enroll through the Recreation and Parks Department.

PROFESSIONAL DAYS, EARLY RELEASE AND WINTER BREAK

Wednesday Early Release Grades 2-5

Join us Wednesdays during the school year where we will keep your kids active and engaged with enrichment programs. STEAM and Play, or Basketball classes. Transportation provided by Baroody Camps from Thomas Jefferson Elementary School to the Community Center. Parents pick up at Community Center at 4pm. Children must be in grades 2-5 to participate.

STEAM & Play

Wed: 9/13-12/13* **1:45-4pm**

120700-A

R: \$575 / NR: \$595

Basketball

Wed: 9/13-12/13* **1:45-4pm**

120700-B

R: \$475 / NR: \$495

Instructor: Baroody Camps

Location: Art Room & Half Gym-Back Half

*No class dates 10/11, 11/18, 11/22

Recreation Fun! Grades K-6

Join us for a day of fun at the Falls Church Community Center. Participants will do crafts, play games and sports in the gym, spend time playing games in the Teen Center and they will spend some time playing outside. Please bring lunch and a snack as well as a warm coat for outdoor play.

Mon: 11/6

Time: 8am-5pm

181426-F

R: \$55 / NR: \$75

Location: Teen Center

Tue: 11/7

8am-5pm

181426-G

R: \$55 / NR: \$75

Location: Half Gym – Back Door

Instructor: Recreation Department Staff

Winter Fun Camp Grades K-6

Children will enjoy a fun-filled week including sports, arts and crafts, games and more! Campers will take a field trip to Mount Vernon Ice Rink on Wednesday and to Bowl America on Friday! Field trip fees are included. Campers should wear comfortable clothing and bring a lunch and snack each day.

Tue-Fri: 12/26-12/29

8am-5pm

181400-A

R: \$250 / NR: \$270

Tue: 1/2

8am-5pm

181400-B

R: \$55 / NR: \$75

Location: Teen Center

Instructor: Recreation Department Staff

TOT Time

Bring your preschoolers and watch them climb through tunnels, ride tricycles, and interact with peers. All equipment is provided including tricycles. No strollers or food in the gym. Dates subject to change. Visit www.FallsChurchVA.gov/OpenGym for an updated schedule.

This program is not held when special events are in the gym or if the Community Center is closed for a holiday.

Fridays 9/8-11/17 **Location:** Gym



Preschool

Preschool Program

3-5 years (Please see birthdate ranges below)

Our preschool program focuses on fun and positive learning experiences that will prepare students for future elementary school study. Students develop social, physical, and cognitive skills through interactive, hands-on experiences. Early Childhood teaching is often theme-based and always age-appropriate. Students participate in several activities daily that will promote the development of fine and gross motor skills, mathematical thinking, and literacy skills. Our qualified staff and small class ratio makes a safe program for everyone. Our program is licensed by the State of Virginia Department of Social Services. Children must be potty-trained by the first day of the fall session. In order to register for the preschool program, children must be born within the birth dates listed. Proof of age via birth certificate and a physical and immunization report is required on the first day of the program.

Register today!

Fall 2017

JUNIORS

(Birthdates: Oct 1, 2013 – Sept 30, 2014)

Tue/Thu: 9/12-12/14* 9am-12pm

111001-G R: \$608 / NR: \$628

*No class dates 11/23

SENIORS

(Birthdates: Oct 1, 2012 – Sept 30, 2013)

Mon/Wed/Fri: 9/11-12/15* 9am-12pm

111002-G R: \$900 / NR: \$920

*No class dates 10/9, 11/24

Location: Preschool Room



Preschools enrolling in the Fall session can enroll in the Winter/Spring session by placing a non-refundable \$100 deposit. The Winter/Spring balance is due December 1, 2017.

Winter/Spring 2017

JUNIORS

(Birthdates: Oct 1, 2013 – Sept 30, 2014)

Tue/Thu: 1/2-5/24* 9am-12pm

211001-H R: \$900 / NR: \$920

*No class dates 3/27, 3/29

SENIORS

(Birthdates: Oct 1, 2012 – Sept 30, 2013)

Mon/Wed/Fri: 1/3-5/25* 9am-12pm

211002-H R: \$1283 / NR: \$1303

*No class dates 1/15, 2/19, 3/26, 3/28, 3/30



NEW! Exploring the World Preschool

4-5 years (Birthdates: Oct 1, 2012 – Sept 30, 2013)

This program will introduce preschoolers to different cultures across the globe. While following the same structure of our morning preschool program, this afternoon class will expose children to countries and cultures through books, music, and play. Children will also develop their fine and gross motor skills as well as develop social skills in a classroom with new friends. This program is licensed by the State of Virginia Department of Social Services. Children must be potty trained by the first day of class and must be born within the birthdates listed above. Proof of age via a birth certificate and your child's physical immunization report, will be required on the first day of the program.

Mon/Wed/Fri: 9/11-12/15* 1-4pm

111008-G R: \$900 / NR: \$920

*No class dates 10/9, 11/24

Location: Preschool Room

NEW! Animals Preschool - Living and Extinct

4-5 years (Birthdates: Oct 1, 2012 – Sept 30, 2013)

Preschoolers already love animals. We'll explore favorites such as dinosaurs and pandas and also learn about animals they may have never known of, such as the red-lipped batfish. While following the same structure of our morning preschool program, this afternoon class will expose children to different animals through books, music, and play. Children will also develop their fine and gross motor skills as well as develop social skills in a classroom with new friends. This program is licensed by the State of Virginia Department of Social Services. Children must be potty trained by the first day of class and must be born within the birthdates listed below. Proof of age via a birth certificate and your child's physical immunization report, will be required on the first day of the program.

Mon/Wed/Fri: 1/3-3/23* 1-4pm

211005-H R: \$743 / NR: \$763

*No class dates 1/15, 2/19

Location: Preschool Room

Register today!

NEW! Community Helpers Preschool

4-5 years (Birthdates: Oct 1, 2012 – Sept 30, 2013)

Nurses, firefighters, teachers and others provide needed services to us every day. Children will learn about different community helpers and even meet a few! While following the same structure of our morning preschool program, this afternoon class will expose children to community helpers through books, music, and play. Children will also develop their fine and gross motor skills as well as develop social skills in a classroom with new friends. This program is licensed by the State of Virginia Department of Social Services. Children must be potty trained by the first day of class and must be born within the birthdates listed below. Proof of age via a birth certificate and your child's physical immunization report, will be required on the first day of the program.

Mon/Wed/Fri: 4/2-5/25 1-4pm

211008-H R: \$540 / NR: \$560

Location: Preschool Room

Falls Church Recreation and Parks

Amazing Athletes

2.5-6 years

The Amazing Athletes Program is designed around the child having a complete experience. Gross motor skills, muscle tone, physical fitness, two ball sports and various activities enhancing hand eye coordination and brain development are compiled into one action-packed 45 minute class. Based on a building block system, each class will carefully break down all of the elements of different sports, such as soccer, hockey, football, basketball, baseball volleyball, golf, tennis and lacrosse. This fun and positive learning experience will help the child develop the basic fundamentals of sports as well as instilling self-confidence, good sportsmanship and team pride. This is what makes the Amazing Athletes program unique from all other extracurricular activities!

Ages 2.5-3

Sat: 9/23-11/18* 11:30am-12:15pm
110902-A R: \$99 / NR: \$119

Ages 4-6

Sat: 9/23-11/18* 12:15-1pm
110902-B R: \$99 / NR: \$119

*No class dates 9/30, 10/28, 11/11

Instructor: Amazing Athletes

Location: 1/2 Gym Back Door

Boogie Woogie Tumble & Twirl 3-5 years

This is the perfect intro class for your head boppin, toe tappin munchkin. They will learn basic tumbling skills while introducing their bodies to beginner dance technique with creative movement. This class will not only improve coordination and fine motor skills but encourage confidence and performance participation. Come Boogie Woogie with us to all of their favorite tunes. Comfortable loose clothing and bare feet are recommended. This class will conclude with an in-class performance at the end of the session.

Fri: 9/29-12/15* 1:45-2:30pm
110406-A R: \$120 / NR: \$140

*No class dates 11/10, 11/24

Instructor: Adrenaline Staff

Location: Dance-Left

Adrenaline Tumbling

4-12 years

Our tumblers will learn tumbling basics, flexibility and beginning/intermediate level skills such as rolls, cartwheels and back bends. Core strength and balance are incorporated to build strength and coordination. Students will improve on their gymnastics skills, balance and increase strength through movement exercises while having a great time! Comfortable loose clothing and bare feet are recommended.

Ages 4-6

Thu: 9/28-12/14* 4:30-5:30pm
120410-A R: \$165 / NR: \$185

Ages 6-12

Wed: 9/27-12/13* 6:15-7:15pm
120410-B R: \$165 / NR: \$185

*No class dates 11/22, 11/23

Instructor: Adrenaline Staff

Location: Community Room

Family Fun with Improv 4 & up

CARE Actor's Family Improv Workshops bring families together by encouraging creativity, tapping into emotions in a positive way, and teaching problem solving and team building through theater games. Please wear comfortable clothes and come ready to play and laugh with us! Fee includes one parent and one child.

Fri: 9/22 6-7pm
130700-A R: \$15 / NR: \$20

Fri: 11/17 6-7pm
130700-C R: \$15 / NR: \$20

Instructor: C.A.R.E. Actor

Location: Community Room



Chess 5-12 years

Learn chess from a Silver Knights Chess coach! We teach more than 3,500 children each week. State and national champions have come from our programs, but most of our students are just looking to have fun! Class time is split between lesson and play. Lessons range from learning the rules to advanced tournament strategies, depending on the children. Play time is structured to pair each student against an opponent of similar skill. All grades and skill levels are welcome. Silver Knights will supply all the equipment during chess club.

Tue: 10/3-11/28 5:30-6:30pm
130702-A R: \$143 / NR: \$163

Instructor: Silver Knights Enrichment

Location: Community Room

Manners Are Served!

6-11 years

"Miss Vicki" with Manners Talk will hold a Table Manners Class for Children, Ages 6-11, that will be both fun-filled and "chock-full" of basic skills that every child should know. Will include: Table Setting Placement, Behavior and Posture, Proper Use of Utensils, Polite Talk at the Table, After Dining Courtesies and Exit Tips.

Sat: 9/23 12:45-2:15pm
131004-A R: \$35 / NR: \$45

Sat: 10/21 12:45-2:15pm
131004-B R: \$35 / NR: \$45

Sat: 11/18 12:45-2:15pm
131004-C R: \$35 / NR: \$45

Sat: 12/9 12:45-2:15pm
131004-D R: \$35 / NR: \$45

Instructor: Manners Talk

Location: Community Room

Enrichment Classes

Adrenaline Cheer

6-12 years

Our cheer class is designed to teach basic to advanced concepts of cheer. We will work on motions and jump technique, stunting basics and cheer dances! All of our cheerleaders will gain strength, performance techniques and improve on their showmanship! Whether you are new to cheerleading or building on your foundation; we will help you to be your best! This class will have the opportunity to perform in the Adrenaline Dance Fall Showcase in mid-December. To cover venue expenses, there is a \$6 performance fee per guest.

Thu: 9/28-12/14* 6:45-7:45pm

120411-A R: \$165 / NR: \$185

*No class dates 11/24

Instructor: Adrenaline Staff

Location: Community Room

Sunflower Girlz Dance

Yoga Team 6-12 years

The Sunflower Girlz are a dance yoga team where creativity meets innovation! It is an activity that your child is sure to love! Dance yoga is an innovative, creative, fun, dynamic way for kids to learn and enjoy the ancient art form of Yoga! Through a decadent fusion of hip-hop dance, music, rhythmic flow, balance, fluid body movement and art your daughter will transform. You'll see improvement in her form, flexibility, awareness of breath, skill and focus.

You'll also see her transform into a more motivated, confident, empowered yogi! In The Sunflower Girlz dance yoga team we will use beautifully choreographed Vinyasa flows to perform a series of hip-hop inspired dance routines to a host of stimulating melodies. Each Sunflower Girl will absolutely sparkle as she learns and experiences a fun-filled musical adventure through mind, body and soul movement. No experience in yoga is needed. However, each child should be prepared to be challenged and open to exploring the range of motion and ability of their bodies.

Sat: 9/23-12/16 9-10am

120736-A R: \$150 / NR: \$170

*No class dates 11/11, 11/25, 12/2

Instructor: Etheric Realms

Location: Community Room



Athletes Global Elite Sports Performance Class

9-16 years

Our sports performance class will focus on mental preparation, speed, explosion, agility, strength, fitness and conditioning training. A key objective in our workshops is to ensure that every athlete is challenged in an intense and fun atmosphere that will enable them to learn, maximize their performance and achieve peak condition.

Sat: 9/23-12/16* 11:15am-12:15pm

120930-A R: \$180 / NR: \$200

*No class dates 11/11, 11/25, 12/2

Instructor: Athletes Global

Location: Community Room

Youth Basketball Training

6-13 years

With participation in our programs, players will become more confident physically, mentally and socially. We will help players improve his/her shooting, ball handling, defense and rebounding while having fun in a non-threatening yet competitive environment. Players will work together and compete while they have fun playing basketball related games like Knockout, Dribble War and Sharks and Minnows. Kids will also play age appropriate half court games.

Ages 6-8

Tue: 9/26-12/5 4:30-5:15pm

120907-A R: \$100 / NR: \$120

Ages 9-13

Tue: 9/26-12/5 5:15-6pm

120907-B R: \$100 / NR: \$120

Instructor: Baroody Camps

Location: Gym-Full

Babysitter Lessons & Safety 11-16 years

BLAST! (Babysitter Lessons and Safety Training), is an important training program for potential babysitters and parents considering hiring a babysitter. The BLAST! program is exciting and interactive, providing extensive training in pediatric first aid, household safety, and the fundamentals of childcare. Features of the program include current practices for safety and injury prevention while babysitting and First Aid basics for emergency response. The BLAST! program can prepare children to interview for a babysitting job, select safe and suitable games and activities, prevent accidents, perform first aid, and begin babysitting safely and competently. Students must attend entire session to receive completion card. Bring a bag lunch and a doll

Sat: 9/23 9:30am-2:30pm

141002-A R: \$86 / NR: \$106

Instructor: Health Educators

Location: Teen Center



First Aid, CPR&AED 16 & up

This ECSI (Emergency Care & Safety Institute) course meets job related requirements as defined by the regulatory authorities based on the latest Guidelines for CPR and Emergency Cardiac Care. Includes Adult, Child, Infant CPR/ AED instruction and Heimlich Maneuver. This ideal training course is designed to certify individuals in First aid, CPR, and AED.

Wed: 9/20 6-9:30pm

130722-A R: \$93 / NR: \$113

Instructor: Health Educators

Location: Teen Center



Art in Hand® Tots

18 months-3 years

Each week an interactive story time will inspire creative exploration in drawing, painting, collage, sculpting or mixed media construction with natural and found objects inspired by tot-friendly topics and the sights, sounds, and textures of the beautiful changes in nature this time of year. The program's distinctive approach is designed to stimulate the senses, spark imaginations, support language development, and promote social and problem solving skills. Most of all, ART IN HAND classes provide an opportunity for little ones and their parent/caregiver to be creative, have fun, and make the mess away from home!

www.artinhand.org.

Mon: 9/18-12/11* 10:30-11:15am
110100-A R: \$222 / NR: \$242

Thu: 9/21-11/16 9:30-10:15am
110100-B R: \$167 / NR: \$187

*No class dates 10/9

Instructor: Art in Hand Staff

Location: Art Room

Twoosy Doodlers

20 months-3 years

This is a special art class just for toddlers and parents (or helpers). Little fingers will experiment with painting, gluing, sticking, printing and creating, while developing fine motor, language, and self-help skills. This is an "I can do it!" class that is fun and creative! Each session has new activities and moms and helpers get to play too.

Tue: 9/19-10/24 10:30-11:10am
110101-A R: \$108 / NR: \$128

Wed: 9/20-10/25 11-11:40am
110101-B R: \$108 / NR: \$128

Sat: 9/23-11/18* 10-10:40am
110101-C R: \$144 / NR: \$164

Tue: 11/14-12/19 10:30-11:10am
110101-D R: \$108 / NR: \$128

Wed: 11/8-12/13 10:30-11:10am
110101-E R: \$108 / NR: \$128

*No class dates 11/11

Instructor: Abrakadoodle

Location: Art Room

Fall 2017

Art in Hand® Preschoolers

2.5-6 years

Each week an interactive story time will inspire creative exploration in drawing, painting, collage, sculpting or mixed media construction with natural and found objects inspired by kid-friendly topics and the sights, sounds, and textures of the beautiful changes in nature this time of year. This parent/child class is perfect for sibling pairs or anyone through kindergarten age. The program's distinctive approach is designed to stimulate the senses, spark imaginations, support the development of language and emerging literacy, and promote social and problem solving skills. **www.artinhand.org**

Mon: 9/18-12/11* 11:30am-12:15pm
110107-A R: \$222 / NR: \$242

Thu: 9/21-11/16 10:30-11:15am
110107-B R: \$167 / NR: \$187

*No class dates 10/9

Instructor: Art in Hand Staff

Location: Art Room

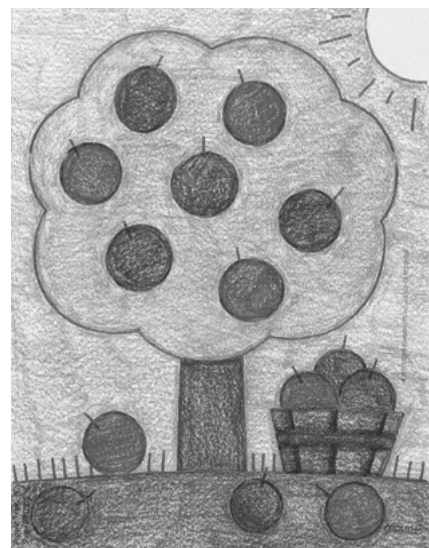
Mini Doodlers 3-6 years

Children develop their creativity through carefully designed lessons that ignite the imagination and develop skills. Using real artists' materials including watercolors, tempera paints, oil pastels, creative tools, and more, the children create masterpieces that are truly unique.

Sat: 9/23-11/18 11-11:45am
110102-A R: \$144 / NR: \$164

Instructor: Abrakadoodle

Location: Senior Center-Left



Learn to Draw with Young Rembrandts PreK

3.5-5 years

Preschoolers learn drawing skills, develop kindergarten readiness and create fun, rewarding works of art. Our teachers use familiar images, stepwise instruction and positive direction to encourage preschoolers' independent drawings. Our curriculum is varied and challenging, with new, engaging drawing lessons every week, and every session. Our goal is to guide our young artists' development of motor and cognitive skills in a fun, creative environment.

Tue: 9/19-10/24 12:30-1:15pm
110108-A R: \$102 / NR: \$122

Tue: 10/31-12/12* 12:30-1:15pm
110108-B R: \$102 / NR: \$122

*No class dates 11/7

Instructor: Young Rembrandts

Location: Art Room

Kids on Canvas 6-12 years

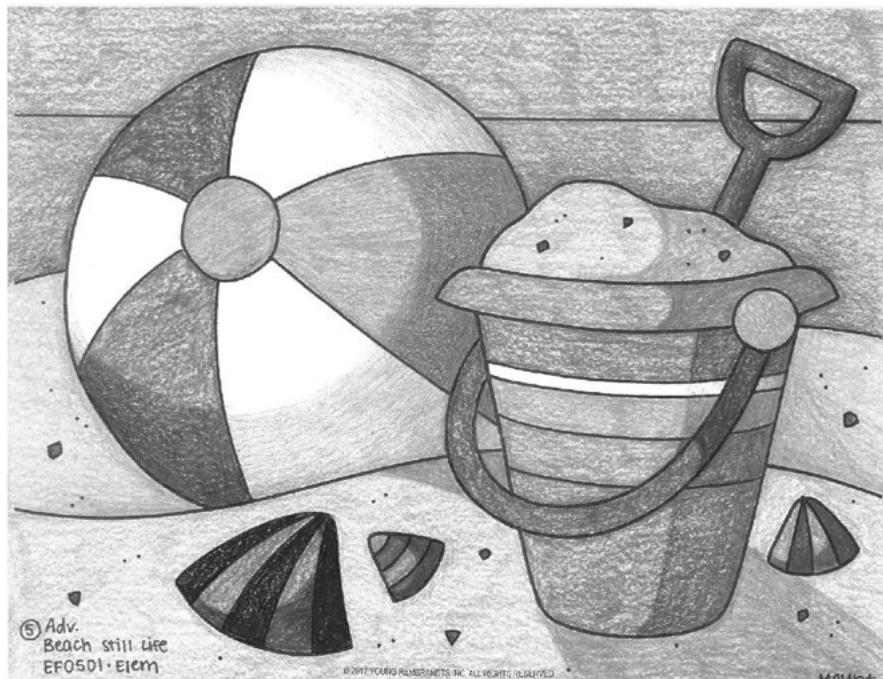
Grab a paintbrush and jump right in for a colorful "Kids on Canvas" adventure! Use acrylic paint to explore traditional painting subjects such as the figure, landscape, and still life- with a fresh Abrakadoodle twist.

Wed: 9/20-11/22 5:30-6:30pm
120144-A R: \$195 / NR: \$215

Instructor: Abrakadoodle

Location: Art Room

Art Classes



Abrakadoodle Doodlers

6-12 years

This popular multi-media art program helps kids stretch their creative muscles and exercise their right brains in action-oriented classes filled with color, texture, shape and fun! Our art lessons are carefully crafted to promote uniqueness and imaginative thinking as kids create their own unique masterpieces through painting, drawing, cutting, molding and exploring creative materials. Each lesson introduces a new technique and artist's style.

Tue: 9/19-11/28* **5-6pm**

120148-A R: \$190 / NR: \$210

*No class dates 11/7

Instructor: Abrakadoodle

Location: Art Room



Drawing with Young Rembrandts

6-12 years

Students learn and develop drawing skills and art appreciation through our progressive, open-ended approach to drawing. We use stepwise instruction to inspire students' independent drawings, including seasonal, realistic and abstract images. Our curriculum is varied and challenging, with new, engaging drawing lessons every week, and every session. Our goal is to provide children with the skills and confidence to create fun and rewarding artwork in and out of our class.

Fri: 9/22-11/17 **6-7:30pm**

120112-A R: \$230 / NR: \$250

Instructor: Young Rembrandts

Location: Art Room



Young Rembrandts Explores: Exotic Animals

6-12 years

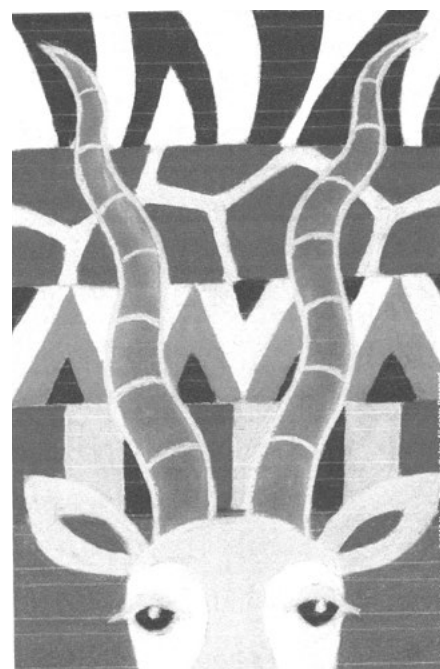
Go on a Safari adventure with Young Rembrandts! We will use a variety of drawing techniques and media to create realistic, graphic and cartoon images of exotic animals in their natural habitats. Big wild cats, primates, colorful birds and other animals of the world come to life through structured drawing and careful detailing. Students are introduced to pastel drawing and develop art vocabulary, compositional skills and fine motor techniques.

Sat: 9/30-10/28 **12-1:30pm**

120140-A R: \$128 / NR: \$148

Instructor: Young Rembrandts

Location: Senior Center-Left





Coding and Game Design

6-9 years

Give your student a head start on coding and game building principles—and let their creativity run wild. Students create their own interactive stories, animations and games using drag and drop code blocks to bring their creations to life. In this course, kids learn through guided play in an exploratory and encouraging environment. Give young students a taste of the endless possibilities of programming.

Mon: 11/6-12/11 5-6:15pm

120739-A R: \$154 / NR: \$174

Instructor: Digital Kidz

Location: Community Room

Jr. Minecraft Modding

6-9 years

In this class, students will learn how to create their own custom gameplay items and elements using MCreator and Minecraft. Students will learn how to create artwork for various items, and implement them into the game with custom behaviors while learning about texturing, logic flow, asset organization, and custom event triggers. Design their own custom blocks, weapons, food, biomes and more! Introduce your kids to modding Minecraft today!

Sun: 10/1-11/5 2:30-3:30pm

120741-A R: \$144 / NR: \$164

Instructor: C3 Cyber Club

Location: Art Room



LEGO Robotics and Programming

9-12 years

Inspire the engineer and programmer in your student as they design and build awesome machines with the LEGO MINDSTORMS EV3 and software. Students use visual drag-and-drop programming software, a range of sensors, and teamwork. We get the creativity flowing right away in this hands-on, engaging course.

Mon: 11/6-12/11 6:30-7:45pm

120740-A R: \$154 / NR: \$174

Instructor: Digital Kidz

Location: Community Room

Minecraft Modding

10-14 years

In this class, students will learn how to create their own custom gameplay items and elements using MCreator and Minecraft. Students will learn how to create artwork for various items, and implement them into the game with custom behaviors while learning about texturing, logic flow, asset organization, and custom event triggers. Design their own custom blocks, weapons, food, biomes and more! Introduce your kids to modding Minecraft today!

Sun: 10/1-11/5 3:45-4:45pm

120742-A R: \$144 / NR: \$164

Instructor: C3 Cyber Club

Location: Art Room

Adventures in Movie Making

7-9 years

In this fast-paced and exciting course, students learn storytelling and film making techniques used by industry professionals to make movie magic! Write, film, direct, and edit a short film and bring your imaginative ideas to life with the use of practical and special effects, including green screen. Each student in this movie making class will take home their rendered final project, complete with their unique effects and footage edits.

Mon: 9/11-10/23* 5-6:15pm

120737-A R: \$154 / NR: \$174

*No class dates 10/9

Instructor: Digital Kidz

Location: Community Room

Digital Movie Production for YouTube

10-14 years

Want to have your own vlog or be a YouTube caster? This course will give you the chance to carve your own path and to bring your vision to life. Start by learning elements of video production, including pre-production planning, camera work, and special effects, to make your videos stand out. Get real-world experience working in small groups, and shoot your video and gather footage using green screen. Learn the fundamentals of editing and then try your hand at animation or special effects. Students will take home their rendered final project, complete with edits and unique effects.

Mon: 9/11-10/23* 6:30-7:45pm

120738-A R: \$154 / NR: \$174

*No class dates 10/9

Instructor: Digital Kidz

Location: Community Room

Music Classes

Music Together Free Demonstration Class

(for families NEW to Music Together only)

Want to see what Music Together is all about? Join the fun with a free demonstration class! Wednesday, September 6, 10:00-10:45am

Instructor: Ashley Scott



Music Together®

Birth to 5 years

Music Together®, an internationally-recognized music and movement program, engages early childhood music development for infant, toddler and preschool children and their parents and other primary caregivers through mixed-aged classes. It pioneered the concept of a research-based, developmentally-appropriate early childhood music curriculum that strongly emphasizes and facilitates adult involvement and, it's fun! The Music Together approach develops every child's birthright of basic music competence by encouraging the actual experiencing of music through playful activities rather than the learning of concepts or information about music.

Mon: 9/18-12/11* 9:15-10am

110608-A R: \$262 / NR: \$282

Mon: 9/18-12/11* 10:15-11am

110608-B R: \$262 / NR: \$282

Mon: 9/18-12/11* 11:15am-12pm

110608-C R: \$262 / NR: \$282

Tue: 9/19-12/5 9:15-10am

110608-D R: \$262 / NR: \$282

Tue: 9/19-12/5 10:15-11am

110608-E R: \$262 / NR: \$282

Tue: 9/19-12/5 11:15am-12pm

110608-F R: \$262 / NR: \$282

Wed: 9/20-12/6 9:15-10am

110608-G R: \$262 / NR: \$282

Wed: 9/20-12/6 10:15-11am

110608-H R: \$262 / NR: \$282

Wed: 9/20-12/6 11:15am-12pm

110608-I R: \$262 / NR: \$282

*No class dates 10/9

Instructor: Little Steps Music, LLC Staff

Location: Community Room

Private Piano or Voice Lessons 5 & up

Interested in developing vocal talent? Work one on one with a vocal coach or beginner to intermediate level piano. Sharon Sloane-Hornseth has a Bachelors of Fine Arts in Music, with an emphasis in vocal performance, from Carnegie-Mellon University in Pittsburgh, PA and a Master of Music Education, with a focus on vocal performance, from George Mason University. Basic voice training exercises will be used as well as classical, Broadway or contemporary music selections. Student is responsible for purchasing a music book. For additional information, please email Sharon at ahorn1@verizon.net.

Thu: 9/21-10/12

130704-A

4:30-5pm

R: \$160 / NR: \$180

Thu: 9/21-10/12

130704-A1

5-5:30pm

R: \$160 / NR: \$180

Thu: 9/21-10/12

130704-A2

5:30-6pm

R: \$160 / NR: \$180

Thu: 9/21-10/12

130704-A3

6-6:30pm

R: \$160 / NR: \$180

Thu: 9/21-10/12

130704-A4

6:30-7pm

R: \$160 / NR: \$180

Thu: 9/21-10/12

130704-A5

7-7:30pm

R: \$160 / NR: \$180

Thu: 9/21-10/12

130704-A6

7:30-8pm

R: \$160 / NR: \$180

Thu: 10/19-11/9

130704-C

4:30-5pm

R: \$160 / NR: \$180

Thu: 10/19-11/9

130704-C1

5-5:30pm

R: \$160 / NR: \$180

Thu: 10/19-11/9

130704-C2

5:30-6pm

R: \$160 / NR: \$180

Thu: 10/19-11/9

130704-C3

6-6:30pm

R: \$160 / NR: \$180

Thu: 10/19-11/9

130704-C4

6:30-7pm

R: \$160 / NR: \$180

Thu: 10/19-11/9

130704-C5

7-7:30pm

R: \$160 / NR: \$180

Thu: 10/19-11/9

130704-C6

7:30-8pm

R: \$160 / NR: \$180

Thu: 11/16-12/14*

130704-E

4:30-5pm

R: \$160 / NR: \$180

Thu: 11/16-12/14*

130704-E1

5-5:30pm

R: \$160 / NR: \$180

Thu: 11/16-12/14*

130704-E2

5:30-6pm

R: \$160 / NR: \$180

Thu: 11/16-12/14*

130704-E3

6-6:30pm

R: \$160 / NR: \$180

Thu: 11/16-12/14*

130704-E4

6:30-7pm

R: \$160 / NR: \$180

Thu: 11/16-12/14*

130704-E5

7-7:30pm

R: \$160 / NR: \$180

Thu: 11/16-12/14*

130704-E6

7:30-8pm

R: \$160 / NR: \$180

*No class dates 11/23

Sat: 9/23-10/14

130704-B

9-9:30am

R: \$160 / NR: \$180

Sat: 9/23-10/14

130704-B1

9:30-10am

R: \$160 / NR: \$180

Sat: 9/23-10/14

130704-B2

10-10:30am

R: \$160 / NR: \$180

Sat: 9/23-10/14

130704-B3

10:30-11am

R: \$160 / NR: \$180

Sat: 9/23-10/14

130704-B4

11-11:30am

R: \$160 / NR: \$180

Sat: 9/23-10/14

130704-B5

11:30am-12pm

R: \$160 / NR: \$180

Sat: 10/21-11/18*

130704-D

9-9:30am

R: \$160 / NR: \$180

Sat: 10/21-11/18*

130704-D1

9:30-10am

R: \$160 / NR: \$180

Sat: 10/21-11/18*

130704-D2

10-10:30am

R: \$160 / NR: \$180

Sat: 10/21-11/18*

130704-D3

10:30-11am

R: \$160 / NR: \$180

Sat: 10/21-11/18*

130704-D4

11-11:30am

R: \$160 / NR: \$180

Sat: 10/21-11/18*

130704-D5

11:30am-12pm

R: \$160 / NR: \$180

*No class dates 11/11

Sat: 1/6-1/27

130704-G

9-9:30am

R: \$160 / NR: \$180

Sat: 1/6-1/27

130704-G1

9:30-10am

R: \$160 / NR: \$180

Sat: 1/6-1/27

130704-G2

10-10:30am

R: \$160 / NR: \$180

Sat: 1/6-1/27

130704-G3

10:30-11am

R: \$160 / NR: \$180

Sat: 1/6-1/27

130704-G4

11-11:30am

R: \$160 / NR: \$180

Sat: 1/6-1/27

130704-G5

11:30am-12pm

R: \$160 / NR: \$180

Instructor: Dream In Color

Location: Preschool Room

Vocal Coaching for Kidz 10-15 years

Want to sing? Discover how breath, voice, music and yoga can be used together to take your singing to higher heights. In this class children will learn to develop their ear, discover the range/abilities of their voice, and work toward overcoming stage fright. Whether your child is already a singer or dreams of becoming one this class will take them one step closer to making their dreams come true!!!

Sat: 9/23-12/16* 10-11am

120735-A R: \$150 / NR: \$170

*No class dates 11/11, 11/25, 12/2

Instructor: Etheric Realms

Location: Community Room

DANCE

Preschool Dance A

2-3 years

All Dancers Must Meet the class age requirement by September 30, 2017. An introduction to dance, movement, and expression for 2-3 year olds. Emphasis will be placed on ballet basics while we help our youngest dancers develop balance, coordination, and rhythm. Parents or guardians must stay on premises but not in the classroom, unless requested by the instructor. Preschool A classes recommend ballet shoes.

Mon: 9/18-12/11* 9:30-10am

110202-A R: \$84 / NR: \$104

Tue: 9/19-12/12 9:30-10am

110202-B R: \$91 / NR: \$111

Tue: 9/19-12/12 10-10:30am

110202-C R: \$91 / NR: \$111

Instructor: EBD - TBA

Location: Dance-Right

Sat: 9/23-12/16* 9:30-10am

110202-D R: \$70 / NR: \$90

Instructor: EBD - TBA

Location: Art Room

*No class dates 10/9, 11/11, 11/25, 12/2



Preschool Dance B

3-4 years

All Dancers Must Meet the class age requirement by September 30, 2017. An introduction to dance, movement, and expression for 3 to 4 year olds. In Preschool B classes, students will be introduced to tap. Parents or guardians must stay on premises but not in the classroom. Ballet shoes, and tap shoes, or "noisy" shoes are recommended.

Mon: 9/18-12/11* 10-10:45am

110203-A R: \$126 / NR: \$146

Tue: 9/19-12/12 10:30-11:15am

110203-B R: \$137 / NR: \$157

Thu: 9/21-12/14* 9:30-10:15am

110203-C R: \$126 / NR: \$146

Instructor: EBD - TBA

Location: Dance-Right

Sat: 9/23-12/16* 11:15am-12pm

110203-D R: \$105 / NR: \$125

Instructor: EBD - TBA

Location: Art Room

Sat: 9/23-12/16* 9:30-10:15am

110203-E R: \$130 / NR: \$150

Sat: 9/23-12/16* 10:15-11am

110203-F R: \$130 / NR: \$150

Instructor: Dream In Color

Location: Dance-Right

*No class dates 10/9, 11/11, 11/23, 11/25, 12/2

Classical Ballet 3-6 years

All dancers must meet the class age requirements by September 30, 2017. This ballet class will expose your little ballerina to many of the classical ballet stories. Basic ballet concepts will be introduced to lay a positive technical foundation (ie: positions, plies, etc). Students will enjoy being exposed to real ballet stories to create a love for this classical art form! This class will have the opportunity to perform in the Adrenaline Dance Fall Showcase in mid-December. To cover venue expenses, there is a \$6 performance fee per guest.

Fri: 9/29-12/15* 10:45-11:30am

110221-A R: \$120 / NR: \$140

Fri: 9/29-12/15* 1-1:45pm

110221-B R: \$120 / NR: \$140

*No class dates 11/10, 11/24

Instructor: Adrenaline Staff

Location: Dance-Left

All that Ballet, Jazz & Movement 3.5-5 years

This high-energy class is perfect for the young dancer who wants to try various dance styles. Children will learn basic Ballet technique and Creative Movement exercises in a playful environment. Also, they will enjoy Jazz steps to contemporary age-appropriate music, including a choreographed routine to be performed for family and friends during the last class! Ballet shoes recommended.

Tue: 9/19-12/5 1:15-2pm

120201-A R: \$180 / NR: \$200

Instructor: Go Bananas Dancing

Location: Dance-Left

Preschool Dance C

4-5 years

All Dancers Must Meet the class age requirement by September 30, 2017. An introduction to dance, movement, and expression for 4 to 5 year olds. In Preschool C classes, students will be introduced to tap. Parents or guardians must stay on premises but not in the classroom. Ballet shoes, and tap shoes, or "noisy" shoes are recommended.

Mon: 9/18-12/11* 10:45-11:30am

110208-A R: \$126 / NR: \$146

Thu: 9/21-12/14* 10:15-11am

110208-B R: \$126 / NR: \$146

Thu: 9/21-12/14* 4:45-5:30pm

110208-C R: \$126 / NR: \$146

Instructor: EBD - TBA

Location: Dance-Right

Sat: 9/23-12/16* 12-12:45pm

110208-D R: \$105 / NR: \$125

Instructor: EBD - TBA

Location: Art Room

Sat: 9/23-12/16* 11-11:45am

110208-E R: \$130 / NR: \$150

Instructor: Dream In Color

Location: Dance-Right

*No class dates 10/9, 11/11, 11/23, 11/25, 12/2

Dance Classes



Ballet I 5-8 years

All Dancers Must Meet the class age requirement by September 30, 2017. This ballet class focuses on beginning ballet technique in a fun and encouraging environment. The primary goals of our Ballet 1 classes are to help students build a love for this classic form of dance and for students to feel successful while learning. No experience necessary!

Mon: 9/18-12/11* 4:45-5:30pm

120220-A R: \$126 / NR: \$146

*No class dates 10/9

Instructor: EBD- Miller

Location: Dance-Right

Sat: 9/23-12/16* 12-1pm

120220-B R: \$130 / NR: \$150

Instructor: Dream In Color

Location: Dance-Right

*No class dates 11/11, 11/25, 12/2

Jazz/Hip Hop I 5-8 years

All Dancers Must Meet the class age requirement by September 30, 2017. High-energy dance class with a hip-hop flair and music that gets kids dancing. This class teaches age-appropriate technique and fun moves that will light up the dance floor. Jazz shoes and dancewear or other form-fitting clothing required.

Wed: 9/20-12/13 4:15-5pm

120247-A R: \$137 / NR: \$157

Instructor: EBD- Samuel

Location: Dance-Right

Dance for Music Theatre 1 5-7 years

All Dancers Must Meet the class age requirement by September 30, 2017. Lured by the neon lights of Broadway? This unique class brings together dance and theater in a celebration of the magic of musical theater. We'll focus on the dance techniques used to bring musicals to life, including basic jazz, modern and lyrical dance steps, as well as building stage presence. With an emphasis on the use of expression and drama through movement, this upbeat class is sure to be a real hit!

Mon: 9/18-12/11* 5:15-6pm

120229-A R: \$126 / NR: \$146

*No class dates 10/9

Instructor: EBD- Weinhardt

Location: Dance-Left

Ballet/Tap/Jazz I 5-8 years

All Dancers Must Meet the class age requirement by September 30, 2017. This class will bring together ballet, tap, and jazz. Basic ballet principles, jazz technique, and the joyful rhythms of tap will expose your child to all the wonders of dance while improving strength, flexibility and musicality. Tap shoes and ballet or jazz shoes required. Dancewear or other form-fitting clothing required.

Mon: 9/18-12/11* 5:30-6:30pm

120254-A R: \$168 / NR: \$188

Thu: 9/21-12/14* 5:30-6:30pm

120254-B R: \$168 / NR: \$188

Sat: 9/23-12/16* 10-11am

120254-C R: \$140 / NR: \$160

*No class dates 10/9, 11/11, 11/23, 11/25, 12/2

Instructor: EBD- Miller

Location: Dance-Right

Adrenaline Hip Hop

5-13 years

All Dancers must meet the class age requirements by September 30, 2017. Our ADF hip hop dancers will learn the latest street dancing technique, performance skills and confidence. Hip Hop is an ever-evolving style performed to current hip hop music. The Adrenaline Dance Force classes offer the ability to improve hip hop style, increase memory and improve balance by staying grounded and strong through upper and lower body movement. Adrenaline's experienced staff brings excitement to this class with the latest hip hop moves and age appropriate music! This class will have the opportunity to perform in the Adrenaline Dance Fall Showcase in mid-December. To cover venue expenses, there is a \$6 performance fee per guest.

Ages 5-9

Wed: 9/27-12/13* 5:15-6:15pm

130203-A R: \$165 / NR: \$185

Ages 8-13

Thu: 9/28-12/14* 5:15-6:15pm

130203-B R: \$165 / NR: \$185

*No class dates 11/22, 11/23

Instructor: Adrenaline Staff

Location: Dance-Left





Athletes Global Cheer & Hip Hop 7-12 years

Students are taught the fundamentals of motions & jumps, stunts & transitions, chants & cheers, basic tumbling, hand springs & back tucks, popping & locking drills, house dance & braking moves, social hop, body isolations, bounce & rhythm, etc. Students learn to be self-reliant & successful thus empowering them to be more self-confident. This a fun class for children that enjoy Hip Hop.

Sat: 9/23-12/16* **10-11am**

120263-A R: \$180 / NR: \$200

Sat: 9/23-12/16* **11:15am-12:15pm**

120263-B R: \$180 / NR: \$200

*No class dates 11/11, 11/25, 12/2

Instructor: Athletes Global

Location: Senior Center-Right

Dance For Musical Theater 2/3 8-12 years

Dancers must meet age requirement as of Sept. 30, 2017. This class will bring together dance and theatre. Props will be used to give students the feeling of performing in musical theatre along with teaching facial expressions and exaggerated movements needed for dance in theatre.

Mon: 9/18-12/11* **6-6:45pm**

120260-A R: \$126 / NR: \$146

*No class dates 10/9

Instructor: EBD- Weinhardt

Location: Dance-Left

Ballet 2/3 9-14 years

All Dancers Must Meet the class age requirement by September 30, 2017. This ballet class for older students provides outstanding technical instruction in a positive and encouraging environment. The primary goals of this class are to help students build a love for this classic form of dance and for students to feel successful while learning. No experience necessary!

Wed: 9/20-12/13 **7-8pm**

120261-A R: \$182 / NR: \$202

Instructor: EBD- TBA

Location: Dance-Right

Jazz/Hip Hop 2/3 9-14 years

All Dancers Must Meet the class age requirement by September 30, 2017. High-energy dance class with a hip-hop flair and music that gets kids dancing. This class teaches age-appropriate technique and fun moves that will light up the dance floor. Jazz shoes and dancewear or other form-fitting clothing required.

Wed: 9/20-12/13 **5-6pm**

120262-A R: \$182 / NR: \$202

Instructor: EBD- Samuel

Location: Dance-Right

Junior Level Ballet 8 & up

All Dancers Must Meet the class age requirement by September 30, 2017. Instructor placement required- Email everybodydance07@gmail.com Junior level is for students 8 and older with previous ballet training who are developmentally ready to pursue a more rigorous ballet program. Instruction will include ballet terminology, technique and placement as well as strengthening and learning movement combinations. With each level becoming progressively more challenging, upper level junior classes are designed to encourage young dancers to develop technically as well as artistically.

Jr. Ballet 1

Tue: 9/19-12/12* **4:30-5:30pm**

130207-A R: \$168 / NR: \$188

Instructor: EBD- Miller

Location: Dance-Right

Jr. Ballet 2

Tue: 9/19-12/12* **4:30-5:30pm**

130207-B R: \$168 / NR: \$188

Instructor: EBD- O'Hara

Location: Dance-Left

Jr. Ballet 3/4

Tue: 9/19-12/12* **5:30-6:30pm**

130207-C R: \$168 / NR: \$188

*No class dates 10/31

Instructor: EBD- Miller

Location: Dance-Right



Dance Classes

Senior Ballet & Pointe

All Ages

Instructor placement required. Email everybodydance07@gmail.com for placement. Senior level, formerly Advanced Ballet and Pre-pointe/Pointe, is a high level class for students with extensive ballet training, appropriate muscular development, endurance, and the maturity needed for an extremely rigorous ballet program. Attendance at both classes weekly is expected for students desiring to train for pre-pointe. At the Senior II level, students are working toward preparedness for pointe training. Students will be enrolled initially as pre-pointe students for a specified evaluation period to determine readiness for pointe. Program instructors typically evaluate students at the start of each semester and will provide pointe instruction only for students who they deem to be physically ready for the challenges of pointe work. Regular attendance at classes is essential at this level to maintain strength.

Sr. Ballet

Mon: 9/18-12/11* 6:45-8pm

130208-A R: \$210 / NR: \$230

Instructor: EBD – Clay/TBA

Location: Dance-Right

Pre-Pointe/Pointe

Mon: 9/18-12/11* 8-8:30pm

130208-B R: \$84 / NR: \$104

Instructor: EBD – Clay/TBA

Location: Dance-Right

Senior Ballet

Thu: 9/21-12/14* 7:30-8:45pm

130208-C R: \$210 / NR: \$230

Instructor: EBD – Maloney

Location: Dance-Right

Senior Ballet

Sat: 9/23-12/16* 10-11:30am

130208-D R: \$210 / NR: \$230

Instructor: EBD –TBA

Location: Dance-Left

Pointe

Sat: 9/23-12/16* 11:30am-12pm

130208-E R: \$70 / NR: \$90

Instructor: EBD –TBA

Location: Dance-Left

*No class dates 10/9, 11/11, 11/23, 11/25, 12/2



Contemporary 9 & up

All dancers must meet age requirement as of September 30, 2017. Contemporary is a genre of dance created to implement ballet, modern and jazz techniques into one particular style. Dancers will have a strong focus in these technique areas and will become self-aware as to how their bodies move through space.

Thu: 9/21-12/14* 6:30-7:30pm

140200-A R: \$168 / NR: \$188

*No class dates 11/23

Instructor: EBD - TBA

Location: Dance-Right

Teen Musical Theatre

12-18 years

All Dancers Must Meet the class age requirement by September 30, 2017. Lured by the neon lights of Broadway? This unique class brings together dance and theater in a celebration of the magic of musical theater. We'll focus on the dance techniques used to bring musicals to life, including basic jazz, modern and lyrical dance steps, as well as building stage presence. With an emphasis on the use of expression and drama through movement, this upbeat class is sure to be a real hit!

Wed: 9/20-12/13 8-9pm

140207-A R: \$182 / NR: \$202

Instructor: EBD - TBA

Location: Dance-Right

Social Night Club & Ballroom

16 & up

Learn the basics and various patterns for popular dances such as the Waltz and Foxtrot, as well as some of the hottest and common night club dances. Get moving and having fun when you learn how to Salsa, Jitterbug Swing, Cha Cha, and Slow Dance. Couples only, each person much register.

Mon: 9/18-11/13* 7:30-8:45pm

150214-A R: \$100 / NR: \$120

*No class date 10/9

Instructor: Woll & Assoc/De Eddleman

Location: Art Room





Welcome to C.R.U.S.H

The C.R.U.S.H Teen Center is open exclusively for teens Monday through Friday, from 3p.m. until 6 p.m. LaShawn Timmons, the Teen Coordinator, supervises the center, teen activities, and teen trips. Contact LaShawn at 703-248-5307 (TTY 711) for more information or visit www.fallschurchva.gov/teens

Come to C.R.U.S.H after school to socialize with friends, shoot hoops, or dance using our new X-Box Kinect.



Teen Center Daily Programs

All programs are FREE and a monthly calendar will be posted.

Mondays: The Arts

Arts – music, visual, crafts and more

Tuesdays: Try It Out

An opportunity for teens to try something new.

Wednesdays: Social Wednesdays

Each Wednesday will feature a different activity from tournaments to cooking projects to watching a movie.

Thursdays: Healthier You

Health, nutrition, cooking and more.

Fridays: Free Style

Teens will have the opportunity choose an activity.

Midnight Madness

Hang with friends and play dodge-ball, compete in eating contests, karaoke, or join a Wii bowling tournament at our monthly Friday night party for middle school students only! Pizza and sodas are available for sale. Participants must be signed in and out by a parent or guardian.

Fee: \$5 **Grades:** 5-8

Time: 7pm-12am

Dates: Dates to be determined. Visit us at www.fallschurchva.gov/teens to check our schedule.



Teen Work List

Are you a 9th-12th grader looking to make money? If so, join our Teen Work List. Residents contact us when they need someone to perform jobs such as babysitting, yard work, snow shoveling, and dog-walking. We will then contact you via email with a job description and the residents contact information. Simply fill out an application and forward it by mail, fax, or email to ltimmons@fallschurchva.gov

For more information contact
703-248-5307.

TEEN TRIPS

Kings Dominion 11-17 years

Test your limits on Kings Dominion's Intimidator 305! Kings Dominion also offers the El Dorado, Dominator, Anaconda, Drop Tower, Flight of Fear and more! Please bring additional money for food and souvenirs.

Sat: 10/28 **9am-10pm**
141480-A \$65

ZAVAZONE 10-14 years

It's a game changer. ZAVAZONE is an Indoor Adventure Park: a unique space dedicated to active fun ZAVAZONE brings together ninja courses, ropes courses, trampolines, climbing challenges, zip lines, and more under ONE soaring roof. It delivers a heart-pumping multi-action experience like no other. Cost includes, entrance fee, jump socks and lunch.

Sat: 11/4 **3-8:30pm**
141500-A \$36

Martial Arts & Self Defense

WCRB Martial Art-Beginners 6-12 years

At World Champion Rod Batiste Karate DAGPAW is the acronym we use to instill the six skills necessary to be a success, it stands for: Discipline, A's & B's, Goal Setting, Perseverance, Attitude, and Work Ethic. During this beginner session along with karate basics, we will be concentrating on self – discipline. At WCRB we don't just talk about success, we produce it!

Tue: 9/19-12/12 5:30-6:20pm
120507-A R: \$120 / NR: \$140
Thu: 9/21-12/14* 5:30-6:20pm
120507-B R: \$110 / NR: \$130

*No class dates 11/23

Location: Senior Center-Left

Instructor: WCRB Karate

Beginning Karate 7 & up

Curious about the martial arts? We teach basic blocks, punches, kicks, and forms (katas) common to many styles of martial arts and we include some self-defense techniques. Our goal is to have fun learning martial arts. We do not have beginning students fighting each other as part of the class. We accept students with prior experience and students who have earned belts in other programs. No equipment or uniforms are necessary but may be worn. Advancement is based on skill, not age or attendance. Parents and friends are welcome to watch our classes. More information is available at

www.StratfordKarate.org.

Mon: 9/18-11/27* 7-8pm
130505-A R: \$80 / NR: \$100
Sat: 9/23-12/16* 8:30-9:30am
130505-B R: \$80 / NR: \$100

*No class dates 10/9, 11/11, 11/25, 12/2

Instructor: Dave Hacker & Mike Leski

Location: Dance-Left



Intermediate Karate 7 & up

We teach introductory through advanced martial arts classes for beginning adults and experienced youngsters. Students who have earned belts in other programs are welcome and should wear their uniforms and earned belts. We teach blocks, punches, kicks, and forms (katas) common to many styles of martial arts and we include self-defense techniques. For advanced students, sparring (supervised and controlled fighting) is part of the class. Our goal is to have fun learning martial arts. Advancement is based on skill, not age. While uniforms are not required for beginning students, they are recommended for continuing students. Protective equipment is necessary for sparring. Parents and friends are welcome to watch our classes. More information is available at

www.StratfordKarate.org.

Mon: 9/18-11/27 8:15-9:15pm
130506-A R: \$80 / NR: \$100
Thu: 9/21-11/30* 7-8pm
130506-B R: \$80 / NR: \$100

*No class dates 10/9, 11/23

Instructor: Rick Hathaway & Bill Kennedy

Location: Dance-Left

Advanced & Black Belt Karate 10 & up

If you have significant martial arts experience and are looking for a place to train, join us! We have an experienced and friendly group that practices advanced techniques, katas, and sparring for fun and advancement. Sparring is an optional part of the class. Uniforms and hand & feet protection are expected. We have more information online at

www.StratfordKarate.org.

Thu: 9/21-11/30* 8:15-9:15pm
130507-A R: \$80 / NR: \$100

*No class dates 11/23

Instructor: Rick Hathaway & Bill Kennedy

Location: Dance-Left

Athletes Global Practical Self Defense 10 & up

Our program combines practical self-defense techniques, MMA Bootcamp fitness, mental physical stamina drawn from Boxing, Muay Thai, Grappling, Judo training to provide participants with world class mixed martial arts instruction. Our classes will keep participants engaged, excited and motivated in a structured and positive environment.

Ages 10-16

Mon: 9/18-12/18* 6-7pm
130520-A R: \$180 / NR: \$200

Ages 16 & Up

Mon: 9/18-12/18* 7:15-8:15pm
130520-B R: \$180 / NR: \$200

*No class dates 10/9

Instructor: Athletes Global

Location: Community Room

Tai Chi & Qi Gong 16 & up

This class will explore Tai Chi forms and Qi Gong exercise for health and wellness. The exercises and forms aid in developing breath control, flexibility, muscle tone, stability and balance, eventually becoming a type of moving meditation for the practitioner. As there is no impact to any joint, Tai Chi and Qi Gong are ideal for older persons or those whom have had knee and/or hip replacement. The study of Tai Chi is greatly beneficial to the young athlete as well. The class is structured such that anyone may join. The instructor is a Grandmaster with 50 years of study and 31 years of teaching experience.

Tue: 9/19-12/12* 6-7pm
150506-A R: \$155 / NR: \$175

*No class dates 11/7

Instructor: Grandmaster Jeff Cook

Location: Art Room

City of Falls Church / FirstServe Tennis 2017 FALL Tennis Program

Tennis Everyone!

Whatever your level of play, you are just a few hours of FirstServe Tennis instruction away from a lifelong love of tennis! Join FirstServe Tennis Academy on court for first-rate instructional programs for players of all abilities ages 4-adult! Gregg Deinhart and Stephan Schlagenhauff are USPTA and Easitennis certified instructors who lead a talented staff teaching tennis in a friendly, fun and supportive environment. By keeping class size small, students benefit from individual attention that leads to quick results. Private lessons by appointment are also available so you can set up a lesson plan that fits in your schedule. Students should bring water to every session! Tennis rackets are required! Contact FirstServe Tennis for program, racket and equipment recommendations.

Email lessons@tenniseveryone.net, call 703-868-8172 or visit www.tenniseveryone.net for more information.



Little Shots Tennis 4-6 years

An introduction through fun games and activities designed to build hand-eye coordination and familiarity with the tennis ball and racket. A tennis racket is required. Ratio 4:1.

Wed: 9/13-11/15 3:30-4:15pm
120901-A R: \$220 / NR: \$240

Instructor: FirstServe Tennis
Location: Cavalier Trail Park Court #1

Tennis 1&2: Rally, Serve, Score 6-14 years

Players learn and review the fundamental strokes: Forehand, backhand, volleys, and serve with emphasis on developing rallying skills. Player-Coach ratio is 6:1.

Ages 6-8
Wed: 9/13-11/15 4:30-5:30pm
120902-A R: \$220 / NR: \$240

Ages 8-10
Wed: 9/13-11/15 5:30-6:30pm
120902-B R: \$220 / NR: \$240

Ages 10-14
Wed: 9/13-11/15 6:30-7:30pm
120902-C R: \$220 / NR: \$240

Instructor: FirstServe Tennis
Location: Cavalier Trail Park Court #1

Tennis 1- Adult Beginner 18 & up

Players new to the game learn the fundamental strokes: forehand, backhand, volleys, and serve. A tennis racket is required. Ratio 4:1.

Tue: 9/12-11/14 9:30-10:45am
150901-A R: \$300 / NR: \$320

Wed: 9/13-11/15 7:30-8:45pm
150901-B R: \$300 / NR: \$320

Instructor: FirstServe Tennis
Location: Cavalier Trail Park Court #1

Tennis 3- Intermediate 18 & up

Techniques for improved shot making, tactics and strategy-based drilling combine with match play for intermediate players. A tennis racket is required. Ratio is 8:1.

Wed: 9/13-11/15 9:15-10:45am
150903-A R: \$300 / NR: \$320

Wed: 9/13-11/15 10:45am-12:15pm
150903-B R: \$300 / NR: \$320

Instructor: FirstServe Tennis
Location: Cavalier Trail Park Court #1

Adult Cardio Tennis 18 & up

High-paced drilling improves your tennis fitness and your stroke production! Ratio 6:1.

Tue: 9/12-11/14 10:45-12noon
150904-A R: \$275 / NR: \$295

Instructor: FirstServe Tennis
Location: Cavalier Trail Park Court #1

Tennis 2 Drill, Rally & Play 18 & up

Players with limited on-court experience refine stroke production and learn how to play competitive points! Players drill strokes, develop rallying skills, and engage in point play. For players who have completed Tennis 1 or with coach's recommendation. A tennis racket is required. Ratio 4:1.

Wed: 9/13-11/15 8:45-10pm
150909-A R: \$300 / NR: \$320

Instructor: FirstServe Tennis
Location: Cavalier Trail Park Court #1

Intro to Pickleball 18 & up

Get started the right way by learning the fundamentals of this fun, mini-tennis like game. The course covers court etiquette and safety guidelines, how to warm-up properly and the basic Pickleball strokes including dinks, volleys and the serve. Pickleball paddles and balls are provided. Please wear tennis shoes.

Mon: 10/30-12/4* 10-10:55am
160411-A R: \$75 / NR: \$95

*No class dates 11/6
Instructor: Helen White
Location: 1/2 Gym Back Door

Pickleball Fundamentals

18 & up

Build on your skills to take your game and your enjoyment of playing the game to the next level. Learn how to improve your dinks, volleys, forehands, backhands, overheads and serve using correct footwork. Prior playing experience required. Please wear tennis shoes.

Mon: 10/30-12/4* 11-11:55am
160414-A R: \$75 / NR: \$95

*No class dates 11/6
Instructor: Helen White
Location: 1/2 Gym Back Door



Fencing

Young Musketeers

Fencing 5-7 years

Nova Fencing Club welcomes kids ages 5 to 7 to our Young Musketeer program, where they can learn to fence using foam sabers. The classes teach and reinforce the fundamentals of fencing such as footwork, handwork and the rules in a fun and exciting atmosphere. The fundamentals are reinforced with games and activities that emphasize critical thinking and quick decision-making as well as necessary physical attributes such as overall conditioning and quick reaction times. Parents are encouraged to stay and observe during the class. All equipment is included. Classes held at Nova Fencing Club, 3431 Carlin Springs Rd., Suite E, Falls Church, VA 22041.

Mon: 9/18-10/30* 5-6pm

120520-A R: \$120 / NR: \$140

Wed: 9/20-10/25 5-6pm

120520-B R: \$120 / NR: \$140

Fri: 9/22-10/27 5-6pm

120520-C R: \$120 / NR: \$140

Mon: 11/6-12/11 5-6pm

120520-D R: \$120 / NR: \$140

Wed: 11/1-12/6 5-6pm

120520-E R: \$120 / NR: \$140

Fri: 11/3-12/15* 5-6pm

120520-F R: \$120 / NR: \$140

*No class dates 10/9, 11/24

Instructor: Nova Fencing Club, Falls Church

Location: The Fencers Club



Intro To Olympic Fencing

8-13 years

Nova Fencing Club welcomes kids ages 8 to 13 to our Introduction to Fencing program. The class teaches and reinforces the fundamentals of fencing such as footwork, handwork and the rules in a fun and exciting atmosphere. The fundamentals are reinforced with games and activities that emphasize critical thinking and quick decision-making as well as necessary physical attributes such as overall conditioning and quick reaction times. All equipment is included. Classes held at Nova Fencing Club, 3431 Carlin Springs Rd., Suite E, Falls Church, VA 22041.

Mon: 9/18-10/30* 6-7pm

120521-A R: \$120 / NR: \$140

Wed: 9/20-10/25 6-7pm

120521-B R: \$120 / NR: \$140

Fri: 9/22-10/27 6-7pm

120521-C R: \$120 / NR: \$140

Mon: 11/6-12/11 6-7pm

120521-D R: \$120 / NR: \$140

Wed: 11/1-12/6 6-7pm

120521-E R: \$120 / NR: \$140

Fri: 11/3-12/15* 6-7pm

120521-F R: \$120 / NR: \$140

*No class dates 10/9, 11/24

Instructor: Nova Fencing Club, Falls Church

Location: The Fencers Club

Intro To Olympic Fencing

14 & up

Nova Fencing Club welcomes teens and adults ages 14 and up to our Introduction to Fencing program. The class teaches and reinforces the fundamentals of fencing such as footwork, handwork and the rules in a fun and exciting atmosphere. The fundamentals are reinforced with games and activities that emphasize critical thinking and quick decision-making as well as necessary physical attributes such as overall conditioning and quick reaction times. All equipment is included. Classes held at Nova Fencing Club, 3431 Carlin Springs Rd., Suite E, Falls Church, VA 22041.

Mon: 9/18-10/30* 6-7pm

150522-A R: \$120 / NR: \$140

Wed: 9/20-10/25 6-7pm

150522-B R: \$120 / NR: \$140

Fri: 9/22-10/27 6-7pm

150522-C R: \$120 / NR: \$140

Mon: 11/6-12/11 6-7pm

150522-D R: \$120 / NR: \$140

Wed: 11/1-12/6 6-7pm

150522-E R: \$120 / NR: \$140

Fri: 11/3-12/15* 6-7pm

150522-F R: \$120 / NR: \$140

*No class dates 10/9, 11/24

Instructor: Nova Fencing Club, Falls Church

Location: The Fencers Club

Stress Burner Yoga 2017

13 & up

Imagine moving through your day with a new sense of resilience, confidence and calm. Stress Burner Yoga techniques can help you lower your stress “set-point” and cultivate flexibility on the mat and in life. In this different kind of yoga class we’ll focus on ways to cultivate a daily practice of mindfulness, calm, gratitude and joy in a fun, supportive atmosphere. You have the perfect body for this class which is also a good complement to any yoga class you are already taking. Plus you will learn Emotional Freedom Technique/ Tapping, Energy Medicine and Quantum Powers tools to manage stress and energy even more efficiently. Best rate is for all 12 classes in session A below, then B, 9 classes and C, 6 classes. All classes for use during the designated Fall session.

Session A: Attend all 12 classes

Wed: 9/27-12/13 7:30-8:30pm

140401-A R: \$225 / NR: \$245

Session B: Attend 9 classes out of 12; whichever 9 best fit your schedule

Wed: 9/27-12/13 7:30-8:30pm

140401-B R: \$200 / NR: \$220

Session C: Attend 6 classes out of 12; whichever 6 best fit your schedule

Wed: 9/27-12/13 7:30-8:30pm

140401-C R: \$165 / NR: \$185

Instructor: Stress Burner Yoga Team

Location: Community Room

Gentle Yoga 18 & up

Through a series of traditional and modified yoga postures and breathing techniques, this accessible class is designed to enhance flexibility, balance and functional strength using attainable poses at a beginner level, while stimulating the mind, body and spirit. Reduce your stress level with this excellent complement to any fitness program. No previous yoga experience necessary; all levels welcome. Mats are available.

Thu: 9/21-12/7* 9:30-10:25am

150402-A R: \$132 / NR: \$152

*No class dates 11/23

Instructor: BodyMoves Fitness, LLC

Location: Community Room



Yoga for Fitness 18 & up

This class introduces participants to fundamentals of yoga practice including asanas (poses), breathing techniques, and body awareness. Class is presented in a dynamic workout that includes stretching, strength-building, and complete relaxation. Participants work safely and gently to increase or restore flexibility and range of motion, build stamina, and improve coordination and balance. No previous yoga experience necessary; all levels welcome. Mats available.

Mon: 9/18-12/4* 12:15-1:15pm

150411-A R: \$120 / NR: \$140

Tue: 9/19-12/5* 8-8:55pm

150411-B R: \$120 / NR: \$140

*No class dates 10/9, 10/31, 11/21, 11/27

Instructor: BodyMoves Fitness, LLC

Location: Community Room

WERQ 13 & up

WERQ is the fiercely fun dance fitness class based on pop and hip hop music. The warm up previews the dance steps in class and the cool down combines yoga-inspired static stretching and balance poses. WERQ is taught by Certified Fitness Professionals, so the WERQout is safe and effective.

Mon: 9/18-12/11* 6-7pm

150429-A R: \$120 / NR: \$140

*No class dates 10/9, 10/23

Instructor: Sarah Blum

Location: Art Room



CLASS CARD

Can't commit to an entire session of step aerobics? The Falls Church Class Card is for you! The card entitles you to take Total Body: Strength, Conditioning and Endurance, Kickboxing, Weekend Mashup, Belly Dancing, Zumba, or Step for Fun and Fitness. Simply attend the class of your choice and get your card initialed by the instructor. The card is good for 10 individual classes. Students are permitted to buy multiple cards.

Fees: R: \$80 / NR: \$100

*Total Body: Strength, Conditioning and Endurance 14 & up

Class will target resistance and cardio exercises to develop strength, overall conditioning and endurance. All moves can be adapted to your individual fitness level. Class taught by Certified Personal Trainer/Group Fitness Instructor.

Tue/Thu: 9/12-12/21* **6:30-7:30pm**
150433-A R: \$190 / NR: \$210

*No class dates 11/23

Instructor: Pam Doran

Location: Senior Center-Full

*Weekend Workout Mashup 14 & up

Start your weekend with an energizing workout that revs up your metabolism and increases your energy levels. Class will incorporate strength and cardiovascular exercises utilizing a new format and equipment each week. All exercises can be adapted to your fitness level.

Sat: 9/23-12/16* **8:30-9:30am**
150448-A R: \$65 / NR: \$85

*No class dates 11/11, 11/25, 12/2

Instructor: Pam Doran & Eileen Cutrona

Location: Senior Center-Right



*Kickboxing 14 & up

Class will incorporate warm-ups, upper and lower body strength and cardio exercise using kickboxing techniques and routines, and cool down stretching. Participants can work at their fitness level. Class taught by Certified Personal Trainer/Group Fitness Instructor. Gloves and hand-wraps provided.

Tue: 9/12-12/19 **7:30-8:30pm**
150436-A R: \$98 / NR: \$118

Thu: 9/14-12/21* **7:30-8:30pm**
150436-B R: \$91 / NR: \$111

*No class dates 11/23

Instructor: Pam Doran

Location: Senior Center-Right



*Belly Dancing 16 & up

Through bellydance, women can see themselves from the inside out and not the other way around, thus more easily appreciate their bodies and feel beautiful. Inner beauty develops from having a non-judgmental attitude, confidence, self-respect and self-love.

Sat: 9/23-11/18* **1:30-2:30pm**
150204-A R: \$65 / NR: \$85

*No class dates 11/11

Instructor: Ibi Martin

Location: Dance-Left

*Zumba® 16 & up

Zumba® Fitness is a global lifestyle brand that fuses fitness, entertainment and culture into an exhilarating dance-party workout. Coined "fitness-parties", Zumba classes blend upbeat world rhythms with easy-to-follow choreography, which provide effective, total-body workouts.

Sat: 9/23-11/18* **12:15-1:15pm**
150427-A R: \$65 / NR: \$85

*No class dates 11/11

Instructor: Ibi Martin

Location: Dance-Left

*Step for Fun & Fitness 18 & up

Class features warm-up, cardiovascular workout using the platform steps, muscle conditioning, flexibility stretches and a cool-down.

Mon/Wed: 9/11-12/20* **6:30-7:30pm**
150404-A R: \$182 / NR: \$202

*No class dates 10/9, 11/22

Instructor: Eileen Cutrona

Location: Senior Center-Full

Pilates With Props 18 & up

Pilates with Props employs small apparatus including resistance rings, flex bands, sponge-balls and weighted bars to extend the range of intensity of Pilates mat exercises. The latter weeks of class add an element of balance work through use of the Swiss ball. (Instructor will provide suggestions to source a burst-resistant, 55-cm ball or bring your own.)

Tue: 9/19-12/5* 7-7:55pm

150409-A R: \$132 / NR: \$152

*No class dates 10/31

Instructor: BodyMoves Fitness, LLC

Location: Community Room

ESSETRICS Age Reversing Classical Stretch 18 & up

This age reversing workout will restore movement in your joints, flexibility and strength in your muscles, relieve pain, and stimulate your cells to increase energy, vibrancy and your immune system. This slow-paced, full body workout (640 muscles) is based on tai chi's flowing movements for balanced health; ballet's strengthening theories for long, lean, flexible muscles, and the healing powers of physiotherapy to create a pain free body. Created by the author of the New York Times bestseller, *Aging Backwards* and the new PBS show and book titled *Forever Painless*. BRING A MAT. For more information: www.essentricsnova.com.

Sun: 9/24-12/17* 3-4pm

150460-A R: \$100/ NR: \$120

Tue: 9/26-12/12* 1-2pm

150460-B R: \$100 / NR: \$120

*No class dates 10/8, 11/26, 12/3, 11/7, 11/28

Instructor: Essentrics NOVA

Location: Community Room



NTL- Never Too Late Fitness 55 & up

Don't believe that nonsense that you have to live with all those "growing old" problems. Join our Seniors Fitness Program* instructed by a Certified Personal Trainer - Senior Fitness Specialist/ Corrective exercise specialist/ Performance Enhancement Specialist/ MMA Conditioning Specialist/ Fitness Nutrition Specialist, and learn how you can fight-back, and W-I-N. Class will focus on improving balance, stability, cardiovascular endurance, strength, flexibility and most importantly, core strengthening; building a stronger and more stable foundation. And greatly

reducing the risk of falling. All while meeting new people, making new friends, and having a great time! All students are to bring an exercise mat and light (2 - 8 lb. dumbbells).

Tue/Thu: 9/19-12/14* 10-11am

160408-A R: \$426 / NR: \$446

Tue: 9/19-12/12* 10-11am

160408-B R: \$212 / NR: \$232

Thu: 9/21-12/14* 10-11am

160408-C R: \$212 / NR: \$232

*No class dates 11/7, 11/23

Instructor: Capitol Fitness

Location: 1/2 Gym Back Door

Comments from our user surveys:

Core Body Stretch

Pam is awesome! Her classes are varied, she's knowledgeable about muscles and which ones we need to work. She is amazing!

Pam Doran is an excellent teacher with tremendous knowledge and skill....

Highly recommend this class!

Pilates with Props

She is consistently excellent!

As she demonstrates the exercise, she educates you about the body and the benefit to the exercise. She is fantastic!

Essentrics Age Reserving Classical Stretch

Charlotte makes exercise fun and inspires us to achieve our full physical potential.

She's wonderful and enthusiastic!

NLT - Never Too Late Fitness

Chris is excellent. He has a wonderful personality and makes our exercise class so much fun!

Fun, caring, and really knows his stuff. I come in this class stiff and with poor posture and balance, and leave pain free, straighter and feeling great. It's like a visit with a physical therapist only more fun. Treat this guy well, we can't live without him.

Youth Sports

Fall Soccer

Kindergarten-8th Grade

Early Bird Registration: July 10-July 23

Kindergarten/2nd Grade

Resident: \$85 / Non-Resident: \$105

3rd Grade & Above

Resident: \$105 / Non-Resident: \$125

Regular Registration: July 24 – August 6

Kindergarten/1st Grade

Resident: \$100 / Non-Resident: \$120

2nd Grade & Above

Resident: \$120 / Non-Resident: \$140

Teams will be formed by grade and will participate in either Falls Church or the Arlington Soccer Association. Practices and games will be held at nearby fields; times vary by team. Practices start after Labor Day and games go through early November. Volunteer coaches are needed. For more information on registration, fees, and league rule information, call **703-248-5027**.



1st Kicks Soccer Clinic

2-5 years

First Kicks is a program designed to develop your young players love and interest in soccer by providing the FUNdamental skills and techniques needed. An eight-session course open to boys and girls ages 2-5. Each 45 minutes session focuses on a different skill of the game. Footwork, dribbling, passing, shooting, 1st touch, and juggling are followed with live games to finish each day. Clinics run from September 6th-October 28th. Registration for the clinic starts July 17th and will stay open until filled. Ages are as of September 1, 2017. Classes will be held on Columbus Day weekend.

Ages 2-3

Wed: 9/6-10/25

631104-A

10-10:45am

R: \$100 / NR: \$120

Wed: 9/6-10/25

631104-C

3-3:45pm

R: \$100 / NR: \$120

Sat: 9/9-10/28

631104-E

9-9:45am

R: \$100 / NR: \$120

Ages 4-5

Wed: 9/6-10/25

631104-B

11-11:45am

R: \$100 / NR: \$120

Wed: 9/6-10/25

631104-D

4-4:45pm

R: \$100 / NR: \$120

Sat: 9/9-10/28

631104-F

10-10:45am

R: \$100 / NR: \$120

Sat: 9/9-10/28

631104-G

11-11:45am

R: \$100 / NR: \$120

Location: Larry Graves Field



Youth Flag Football REGISTER TODAY – Deadline is approaching

Grades 2-7

Early Bird Registration: June 5th-July 2nd

Resident: \$100 / Non-Resident: \$120

Regular Registration: July 3rd – August 13th

Resident: \$110 / Non-Resident: \$130

Falls Church Recreation & Parks Department will be hosting our annual youth flag football league this fall.

This program is a co-ed, non-contact, 5-on-5 league that focuses on teaching the fundamentals of football in a fun, competitive, and safe environment.

League will be run on Saturday evenings at George Mason High School starting mid-afternoon each week. Volunteer coaches are needed. Please contact Jimmy Ruby for more details at **703-248-5027**.

Location:

George Mason Turf Field

Mandatory Tryout Dates:

Grades 2/3-September 9th at 2:30pm

Grades 4/5-September 16th at 5:00pm

Grades 6/7-September 16th at 6:30pm

600001-A: Grades 2/3

600002-A: Grades 4/5

600003-A: Grades 6/7

UPDATED

13th Annual Run for the Schools 5K Race or 1 Mile Fun Run/Walk

Sunday, 8am, September 17, 2017

Join 700+ runners and walkers to support the Falls Church Education Foundation and FCCPS. The 5K run/1 mile walk is during Fall Festival weekend and is a USATF Certified course that winds through the tree lined streets of historic Falls Church City, a mix of hills and flat stretches. The Start/Finish is at 300 Block of Park Avenue.

Advanced Race timing, Cash and Equipment Prizes for top runners and teams, Performance T-shirts, Post-Race Family and Awards Party and more!

For more information and to register please visit: www.fcddf.org/runfortheschools

Proceeds will benefit the Falls Church Education Foundation, a 501(c)3 organization, and the Falls Church City Public Schools.

House League Basketball Grades 2-12

Registration for boys and girls house basketball league teams runs from October 2nd through October 29th.

Teams will be formed by grade and drafted into teams and will participate in our winter house league. Practices and games will be scheduled in area gyms; practice and game times vary by teams. Volunteer coaches and paid referees are needed! Call **703-248-5027** for more info.

Early Bird Registration:

October 2nd-15th

2nd/3rd Grade

Resident: \$120 / Non-Resident: \$140

4th Grade & above

Resident: \$135 / Non-Resident: \$155

Regular Registration:

October 16th – October 29th

2nd/3rd Grade

Resident: \$135 / Non-Resident: \$155

4th Grade & above

Resident: \$150 / Non-Resident: \$170

Select League Basketball Age Groups – Boys/Girls 5th Grade, 6th Grade, 7th Grade, 8th Grade

Registration – Players will register once accepted to a team. For those basketball players interested in a more competitive and highly skilled environment, Falls Church Rec & Parks will sponsor several teams in the FCYBL Select Basketball League. All players will be required to tryout and be selected to the age appropriate team. Tryouts will start the 1st week of October. Teams will be formed based on need. There will not necessarily be teams in each age/gender group. Contact Jimmy Ruby at **703-248-5027** for further information.

1st Touch Basketball Clinic Ages 3-4

Registration starts October 5th and continues until clinic is filled. 1st Touch is a program designed to develop your young player's love and interest in basketball by providing the FUN-damental skills and techniques needed. A six-session course open to boys and girls ages 3 & 4. Each 45 minute session will include station work that focuses on different skills to include shooting, dribbling, passing, and footwork. It gives parents and children the opportunity to work one-on-one and spend quality time together. Parents/ guardians are asked to stay and participate during clinic. Participants must be correct age by October 1, 2017.

Instructor: Baroody Camps

Location: TBA

Class Dates: January 6th-February 24th, 2018

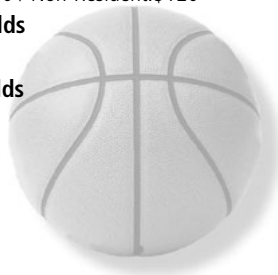
Fee: Resident: \$100 / Non-Resident: \$120

621103-A 3 yr olds

Saturdays 9am

621103-B 4 yr olds

Saturdays 10am



Early Hoopers Basketball Clinic Ages 5-6

Registration starts October 2nd and continues until clinic is filled. The 5 & 6 year old co-ed Early Hoopers Basketball Clinic is a once-per-week instructional clinic that focuses on the basic fundamental skills and rules of basketball as it begins to prepare the participant for league competition. The clinic is held for 7 weeks on weeknights and Saturdays. Volunteers are always welcome to assist our staff. Clinics start the 1st week of January.

Instructor: Baroody Camps

Location: TBA

Fee: Resident: \$100 / Non-Resident: \$120

5-year old clinics:

Mondays 5:15-6pm

621105-A

Wednesdays 5:15-6pm

621105-B

Saturdays 10-10:45am

621105-C

6-year old clinics:

Tuesdays 5:15-6pm

621106-A

Thursdays 5:15-6pm

621106-B

Saturdays 11-11:45am

621106-C



Adult Sports



Fall Co-ed Volleyball

**Registration: July 17th – August 13th
(Teams Only)**

League play starts the beginning of September and runs through the beginning of November. Registration is on a team-basis only and team members must be 18 years or older. Games are played primarily on Tuesdays and Thursdays. Call **703-248-5027** or visit www.fallschurchva.gov/Sports for registration form, fees, and league rules.
Fees: \$300

Fall Women's Volleyball

**Registration: July 17th – August 13th
(Teams Only)**

League play starts the beginning of September and runs through the beginning of November. Registration is on a team-basis only and team members must be 18 years or older. Games are played primarily on Mondays and Wednesdays. Call **703-248-5027** or visit www.fallschurchva.gov/Sports for registration form, fees, and league rules.
Fees: \$240

Adult Fall Co-ed Soccer

For more information, call **703-248-5027** and ask for Jimmy Ruby.

Fall Men's Basketball League

**Registration: July 17th – August 13th
(Teams Only)**

League play starts at the beginning of September and runs through the beginning of November. Various levels of competition are offered. Registration is on a team-basis only and team members must be 18 years or older. Call **703-248-5027** or visit www.fallschurchva.gov/Sports for registration form, fees, and league rules.
Fees: \$800 per team

Fall Women's Basketball League

**Registration: July 17th – August 13th
(Teams Only)**

League play starts at the beginning of September and runs through the beginning of November. Various levels of competition are offered. Registration is on a team-basis only and team members must be 18 years or older. Call **703-248-5027** or visit www.fallschurchva.gov/Sports for registration form, fees, and league rules.
Fees: \$600 per team (8 game schedule)

Winter Men's Basketball League

**Registration: November 13th – December 3rd
(Teams Only)**

Various levels of competition are offered and play begins in January and played primarily on Sunday afternoons.

Registration is on a team-basis only and team members must be 18 years or older. For more information, call **703-248-5027** or visit www.fallschurchva.gov/Sports. Games will be played primarily on Sunday afternoons.
Fees: \$800 per team



COME JOIN A FALLS CHURCH CLUB!

The City of Falls Church Concert Band

The City of Falls Church Concert Band is a community band that performs an entertaining mixture of marches, classical pieces, Broadway show medleys, regional tunes, and American classics. Membership is open without audition to all concert band musicians from all over the area. Music Director Robert Little brings not only a lot of musical experience and professionalism to the band, but also a friendly, lighthearted atmosphere. Rehearsals are held on Wednesday nights 7:45 to 9:45 p.m. at the George Mason High School, 7124 Leesburg Pike, in Falls Church. Visit the band website at www.fallschurchconcertband.org

Language Clubs

German Conversation

Tuesdays at 10am

Spanish Conversation

Wednesdays at 10:45am

Italian Conversation

Wednesdays at 1:30pm

French Conversation

Thursdays at 10am

Come sit back, relax and enjoy some great conversation. All levels of conversation welcomed. Some knowledge of the language is expected, these are not teaching clubs. Please call the Senior Center at **703-248-5020** for more information.

Golden Age Bingo Club

The Bingo club meets from 10am-1:30pm every Tuesday in the Senior Center for adults 50 and over. Come play some Bingo, have fun, socialize and meet new friends. Besides Bingo, the group has raffle drawings, parties, and goes on trips. This group is run by a senior. Small fee of 25 cents per card applies. Please call the Senior Center at **703-248-5020** for more information.

Garden Club

The Falls Church Garden Club is a city sponsored local horticultural organization open to anyone. Annual membership is \$15. The Club meets the first Monday of the month, with the exception of January, July and August. Meetings are held in the American Legion Post Building on Oak Street at 7:30 pm., and feature garden specialists who share their knowledge on various gardening topics. Come meet and make new friends, enjoy the best cookies in town and you may win a prize! Additional activities include club trips, visits to private/public gardens, plant exchanges and a **SPRING Plant Sale**. Proceeds benefit all aspects of horticulture in Falls Church City. A monthly newsletter is also published with news of club activities and special events. More information? Be sure to check our website www.fallschurchgardenclub.org.

Bridge Club

Social Bridge – Meets every Monday at 10am. Come spend the day playing bridge in a friendly and pleasant atmosphere. This is a social game setting.

Contract Bridge - Meets every Friday at 10am. Come spend the day playing bridge in a friendly but competitive setting. This club is for the more serious bridge player.

Please call the Senior Center at **703-248-5020** for more information.

Lunch Bunch

This group meets on the second Monday of every month at 12:00 noon. Due to Columbus Day, we will meet on the 3rd Monday in October.

Monday, September 11: El Tio Grill

Monday, October 16: Chili's

Monday, November 13: Olive Garden

Monday, December 11: Red Lobster

Looking to Start a Club?

Please call the Senior Center at **703-248-5020** for more information.

Military History Forum 2017 Program Schedule

Time: 10am-Noon

Location: Community Room

Sep. 8 Sonny Busa

Sep. 22 Mark Mohr: Collapse of Agreement to Contain North Korea's Nuclear Program

Oct. 6 Tom Glenn: The Fall of Saigon

Oct. 20 Denis Hannan: American Revolution: Battle of Saratoga

Nov. 3 Nina Willner: Forty Autumns – One Family's Cold War Story

Nov. 17 Kelly Morningstar: Patton's Way

Dec. 1 Ginger Hansen Holmes

Northern Virginia Senior Olympics 35th Anniversary

Sponsored by the Northern Virginia Senior Olympic Committee and co-sponsored by Northern Virginia Recreation and Parks Departments, the Northern Virginia Senior Olympic Program is held annually in Northern Virginia and open to all senior adults ages 50 years and older. Both Indoor and Outdoor events offered. More than 50 events will take place at over 25 different venues.

Mark Your Calendars:

September 9th - September 20th

New Event for 2017 – Rapid Chess

Volunteers needed. Please call RSVP Northern Virginia at 703-403-5360 or email rsvpvolunteerfairfax.org

Please visit our website at www.nvso.org for more information or call the Senior Center at **703-248-5020**.



Falls Church Senior Center

The Falls Church Senior Center is located in the Falls Church Community Center and operated by the Recreation & Parks Department. A wide range of activities is offered Monday-Friday.

Please call **703-248-5020** for more information. **Hours of Operation:** Monday-Friday, 9am-3pm.

REGULAR PROGRAMS INCLUDE:

Armchair Fitness

Exercise with us every Wednesday from 10-10:30am.

Ballroom Dancing

Every second Thursday from 1:00-2:45pm

Bingo

Meets every Wednesday from 10am-1:30pm.

Blood Pressure

Held every other Tuesday from 9am-10am.

Bridge

Players gather at the Falls Church Senior Center on Monday and Friday for bridge. Monday's social bridge group meets at 10am and Friday's contract bridge group meets at 10am.

Foreign Language Conversation Groups

All groups looking for new members. Informal, drop-in groups meet weekly:

Tuesdays: German Conversation at 10am

Wednesdays: Spanish Conversation at 10:45am; Italian conversation at 1:30pm

Thursdays: French conversation at 10am

Hand and Foot

Join us every Friday at 9:30am for a fun and friendly card game.

Golden Age Bingo Club

Meets every Tuesday from 10am-1:30pm.

Knitting and Crocheting

Meets every Thursday from 10:00am-Noon. All levels encouraged.

Lunch Bunch

Join the Senior Center staff in a lunch outing once a month at different local restaurants every second Monday of the month at noon. Van leaves at 11:30am

Military History

Join this enthusiastic group on alternate Fridays starting September 8. Selected topics include WWII, Korea and Vietnam War.

Modified Yoga

Come join us every Friday at 1:30pm. Classical yoga postures using props. Alignment individually adjusted and modified as needed. Reservations required.

Oil and Acrylic Painting

Meets every Friday at 1:00pm. Open studio. This is not a teaching class.

Pickle Ball

Come join us on Mondays from Noon-2:30pm and Wednesdays from Noon-2pm. We have 3 indoor courts in our gym. Open play.

Pinochle

Come every Monday at 12:30pm and play a friendly game of Pinochle.

Watercolor/Drawing

Meets every Friday at 9:30am. Open studio. This is not a teaching class.

AARP Smart Driving Class

A refresher-driving course for licensed drivers aged 50 & older. This course will review the different processes of driving for the older driver. A certificate will be issued at completion of the two day course, which can be submitted to insurance. The State of Virginia mandates a discount in car insurance. Make checks payable to "AARP". Class size is limited.

Instructor: Pamela Houghtaling

Location: Falls Church Community Center

Class Dates: October 16 and 17

Time: Class meets on both days from 10am-3pm

Fees: \$15 AARP Members

\$20 Non-AARP Members

Please call the front desk at **703-248-5027** to register.

SPECIAL SENIOR PROGRAMS

September: Fall Celebration - Wednesday, September 27th at 1:30pm

October: Foliage Trip - Date to be determined

November: Thanksgiving Luncheon Wednesday, November 16th at Noon

December: Holiday Party - Wednesday, December 13th at 10:30am

NEW SENIOR CLASSES

Chronic Disease Self-Management Program - Take Control of Your Health!

This six week class will cover: Get a good night's sleep! Manage frustration, fatigue, depression, pain and isolation! Communicate effectively with family, friends, and health care providers, preventing falls, make informed treatment decisions, and adopt appropriate exercise and nutrition goals.

Instructor: Trained facilitators from Fairfax County

Location: Falls Church Community Center

Class Dates: Tuesdays, September 12-October 17 or Tuesdays, November 7-December 12

Time: 1:30-3:30pm **Fees:** FREE

Please call the senior center at **703-248-5020** to register.

Marymount University Class – Three Session Workshop

Books: From the Beginning of Print to Digital Age

What do books mean to us? Travel through time and join our discussions on what books were in the past to what books are in the digital age. We will explore a brief history of books, discuss the importance of books, and learn how to preserve your personal and rare books. The workshop will also include a demonstration and participation in traditional printmaking.

Instructor: Marymount University faculty and staff

Location: Falls Church Community Center

Class Dates: Thursdays, November 9, 16, 30

Time: 10am-Noon

Section#161010-A **Fees:** FREE

Register for this class at the community center in person, online, or by phone at **703-248-5027**. Class size will be limited, so register early.

ENJOY CITY RECREATION SPACES!

Community Center

The Community Center is located adjacent to Cherry Hill Park and in the heart of the City. It is the perfect place to play basketball, volleyball, tennis, table tennis, pool, air-hockey, and foosball; or to walk, take a class, or just enjoy time with family, friends, and neighbors. It is home to the Senior Center and Teen Center.

The Community Center boasts a full-size gymnasium with a six-hoop basketball court. The Center also has several multipurpose rooms the public can reserve for receptions, meetings, parties, and classes. Call 703-248-5027 to inquire about availability, fees and application.

The Community Center offers several preschool programs in a bright and stimulating room designed and furnished specifically for young children. Preschoolers ages 5 and under are educated and entertained by dedicated staff members. Enrollment is accepted for Summer, Fall and Winter/Spring sessions.

Picnic Shelters

Four of the City's parks (Cherry Hill, Berman, Madison, and Roberts Parks) have picnic shelters that are available for rent. Perfect for family gatherings, birthday parties, and group/company picnics. Call 703-248-5027 for availability, fees and application. If a shelter is not reserved it can be used on a first-come first-served basis.

Tennis Courts

Lighted courts in the following locations can be reserved by City Residents: Cavalier Trail Park (2 Courts), Cherry Hill Park, (2 Courts) and George Mason High School (4 Courts).

Call 703-248-5027 to or visit Webtrac.fallschurch.gov to make reservations up to one day in advance. Courts can be reserved 1 hour max for singles and 1.5 hours for doubles.

Fields

Stay active and apply for a permit to use the Larry Graves Soccer Field. The field is available for rent during the Summer months Mon.-Sun. based on availability. Call 703-248-5027 for availability, fees and application.

Weddings & Receptions

The Cherry Hill Farmhouse and grounds can be rented for special occasions. The house and surrounding park provide a lovely setting for wedding receptions and small parties. For rental information call the Cherry Hill Farmhouse at 703-248-5171 or visit fallschurchva.gov/CherryHillFarmhouse

Birthday Party Packages

Celebrate your child's next birthday at the Falls Church Community Center. Choose the Party in the Gym Package for 1 hour in the gym with our tot-time or various sports equipment and 3 hours in a party room. Enjoy the Teen Center Party Package for 3 hours with the pool, air hockey, ping pong, and foosball tables. Call 703-248-5027 for availability, fees and application.

CITY PARK AMENITIES

BERMAN PARK

Bike and hike trail
Picnic shelter
Picnic tables and grill
Play equipment

BIG CHIMNEYS PARK

Park benches
Picnic tables and grill
Play equipment

CAVALIER TRAIL PARK/TRIPPS RUN PARK

Basketball court (lighted)
Bike and hike trail
Park benches
Picnic table and grill
Slide and Swings
Tennis courts (2 - lighted)

CHERRY HILL PARK

Basketball court (lighted)
City kiosk
Horseshoe court
Park benches
Picnic shelter
Picnic tables and grills
Play equipment
Volleyball court
Water fountain
Tennis courts (2 - lighted)

CROSSMAN/FOUR MILE RUN PARK

Park benches
Picnic tables and grills
Slide and Swings

DONALD S. FRADY PARK

Horseshoe court
Game table
Gazebo
Mini-amphitheater
Picnic tables and grills
Play equipment
Water fountain

FORT TAYLOR PARK

City kiosk
Historic Trail marker
Park bench

LINCOLN PARK

Basketball court
Park benches
Picnic table and grill
Play equipment

MADISON PARK

Basketball court
Park benches
Picnic shelter
Picnic tables
Play equipment
Rectangular athletic field
Water fountain

ROBERTS PARK

Basketball court
Park benches
Picnic shelter
Picnic tables and grills
Play equipment
Water fountain

WEST END PARK

Park benches
Picnic tables and grills
Play equipment
Skateboard and BMX features

Falls Church Public Spaces

The Recreation and Parks Department uses the following school facilities for activities and programs.

FALLS CHURCH PUBLIC SCHOOLS

GEORGE MASON HIGH SCHOOL/
MARY ELLEN HENDERSON MIDDLE
SCHOOL
(7124 Leesburg Pike)
Baseball/softball fields (2)
Running track
Rectangular fields (2; 1 has artificial turf)
Tennis courts (4 - lighted)

MOUNT DANIEL
ELEMENTARY SCHOOL
(2328 North Oak Street)
Basketball court
Play equipment
Small athletic field

THOMAS JEFFERSON
ELEMENTARY SCHOOL
(601 South Oak Street)
Basketball court
Bike and hike trail
Park benches
Play equipment
Rectangular athletic field
Softball/baseball fields (2)

OTHER RECREATION FACILITIES

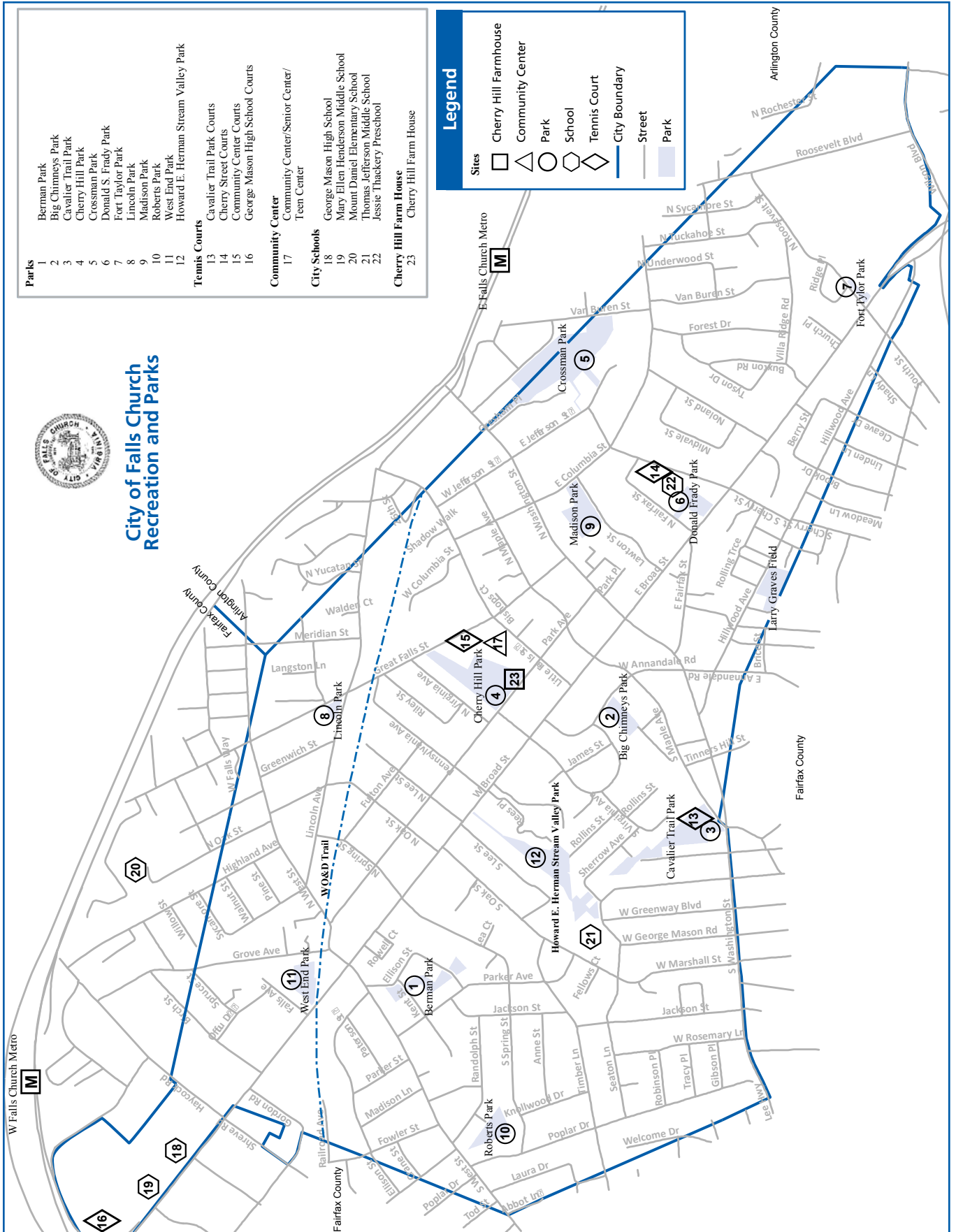
Falls Church Community Center
(223 Little Falls Street)
Cherry Street tennis courts (2)
W & OD Bike Trail

MEMORIAL AND HISTORICAL INTERESTS

Cherry Hill Farm – House, Barn and Grounds (312 Park Avenue)
Memorial Park (Park Ave. & Little Falls Street)



City of Falls Church Recreation and Parks



RESOURCES FOR RESIDENTS

Vehicle Registration (State of Virginia)

To register a vehicle with Virginia, first obtain the state safety and emissions inspections, driver insurance, and a valid title. Then register the vehicle at any Virginia Department of Motor Vehicles customer service center.

Vehicle Registration (City of Falls Church)

Once a vehicle is registered with the state, it must be registered with the City. Complete the vehicle registration in person at city hall (room 104E) or you can register online or by fax or mail by completing the Motor Vehicle Registration Form at www.fallschurchva.gov/VehicleRegistration and following the instructions provided there. Please be sure to include the owner or lessee's DMV Driver's License number and daytime phone number. The Treasurer's Office will bill for the city decal; once paid, the registrant will be sent the decal in the mail.

Voter Registration

Voter Registration applications for new and existing Virginia residents may be filed with the DMV or the City Registrar. Registrations are due at least 29 days before a primary or general election or 14 days before a special election.

Taxes

The Treasurer's Office handles tax billing, relief, and payments: 703-248-5046 (TTY 711) or treasurer@fallschurchva.gov.

The Office of the Commissioner of the Revenue handles business taxes, personal property tax assessments, and assists with income tax filing: 703-248-5065 (TTY 711) or commissioner@fallschurchva.gov.

The Office of the Real Estate Assessor determines the current market value of taxable and tax exempt properties as of January 1 each year. The City Council uses these values to determine the annual tax rate. Questions? Call 703-248-5022 (TTY 711) or realestate@fallschurchva.gov.

WHERE TO FIND CITY OF FALLS CHURCH INFORMATION

City Website:

www.fallschurchva.gov

Facebook:

facebook.com/CityofFallsChurchGov

Instagram:

instagram.com/FallsChurchgov

Twitter:

twitter.com/FallsChurchGov

Citizen Information Line:

703-248-5200

eFocus Newsletter:

Sign up at www.fallschurchva.gov/Efocus

FCC-TV:

Cox channel 11, RCN channel 2, Verizon channel 35

Alert System:

Sign up at alert.fallschurchva.gov

Radio:

1680 AM (during emergencies)



Public Schools

There are five schools in the Falls Church City Public Schools system: Jessie Thackrey (Preschool), Mount Daniel Elementary (Kindergarten and First Grade), Thomas Jefferson Elementary (grades 2-4), Mary Ellen Henderson Middle (grades 5-7), and George Mason High (grades 8-12).

For information on how to register a child, call 703-248-5600 (TTY 711). More information is available at www.fccps.org.

Parking Permits

In order to park on certain City streets, you must have a parking permit issued by the Police Department: 703-248-5054 (TTY 711).

Drive-Through Permits

In order to drive through certain streets that are closed to through traffic (as during rush hour), you must have a permit issued by the Police Department: 703-248-5054 (TTY 711).

Focus on Falls Church Newsletter

Get current City news with Focus on Falls Church Newsletter, the e-newsletter produced by the Office of Communications. Find the latest information about the City's environmental services, economic development, safety issues, and news about upcoming events. Sign up for this free service by entering your e-mail address in the "eFOCUS Newsletter" box on the right-hand side of the Home Page.

Pet Licenses

Dogs must be vaccinated against rabies and licensed with the City. Licenses must be obtained within 30 days of moving into the City of Falls Church for dogs over four months of age. The license fee is \$10 for fertile dogs and \$5 for neutered/spayed dogs. Licenses are issued by the Treasurer's Office: 703-248-5046 (TTY 711).

Cats over four months of age must be vaccinated against rabies but do not need to be licensed with the City.

Solid Waste Services

Department of Public Works

Solid Waste Hotline:
703-248-5160 (TTY 711)
recycling@fallschurchva.gov

The Department of Public Works (DPW) manages weekly curbside collection of trash, bundled brush, yard waste and recyclables; special residential collection of bulk items; the City's Recycling Center; and more.

Trash Collection

Trash is collected from curbside residential customers weekly on Wednesdays, year-round (except on observed City holidays). The City issued one gray rolling trash cart per address. These carts are the property of the City and must stay with the residence. Questions? Call 703-248-5160, ext. 2 (TTY 711).

Excess Trash

Each bag of trash that does not fit in the City-issued trash cart requires an Excess Trash Sticker, which can be purchased for \$1 at City Hall, Brown's Hardware, and Giant Food Store. See the City's website for additional information and restrictions. Questions? Call 703-248-5160, ext. 2 (TTY 711).

Recycling Collection

Recycling is collected from curbside residential customers weekly on Wednesdays, year-round (except on observed City holidays). The City issued one green rolling recycling cart per address. These carts are the property of the City and must stay with the residence.



Excess Recycling

There is no fee for excess recycling. Recycling that does not fit in the City-issued cart or bin may be placed in personal containers clearly marked "recycling," cardboard boxes, and paper bags. Do not put recycling in black or white trash bags. Questions? Call 703-248-5160, ext. 3 (TTY 711).

Yard Waste Collection

Properly prepared yard waste in paper bags with \$1 Yard Waste Stickers will be collected once a week on Wednesdays, year-round (except on observed City holidays). Yard waste includes only trimming arising from general landscape maintenance, like grass, leaves, plant and shrub trimmings, and other items too small to include with bundled brush. Do not include non-compostable garden debris such as sod, dirt, rocks, sand, or lumber. Questions? Call 703-248-5160, ext. 5 (TTY 711).

Bundled Brush Collection

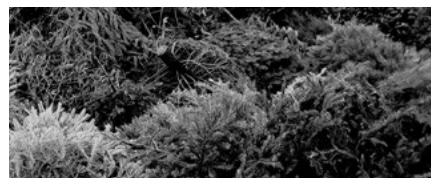
Properly prepared brush bundles are picked up free of charge on Wednesdays, year-round (except on observed City holidays). Special Bulk Collections are available for unbundled brush. Brush includes tree branches, small tree stumps, and larger shrub trimmings. Brush must be cut in five-foot lengths with no individual branch or trunk larger than six inches in diameter. To prepare for pick-up, either securely tie branches with cord or twine, or place branches neatly in one direction in a tote, bin, or container marked "brush." Questions? Call 703-248-5160, ext. 5 (TTY 711).

Holiday Schedule

If a designated City holiday falls on a Wednesday, recycling, trash, and yard waste collection will occur on Saturday. Due to lighter loads, crews will be in your neighborhood earlier than expected. Please make sure items are curbside the night before.

Leaf Collection

Leaves are collected from residential streets in the fall. Each residential street is vacuumed two times. To prepare, rake loose leaves to the curb but avoid placing them in the street. Pile leaves away from storm drains and water meter covers. Remove stones, litter, branches, or other debris that may damage equipment.



Christmas Tree Collection

Live Christmas trees are collected free of charge on Wednesdays in January and February. To prepare, place trees in right-of-way, but behind the curb and separate from regular trash and recycling. Remove all decorations, rope, plastic, etc.

Special Collection

Special bulk collections are available for items too large or heavy to fit into a trash container. Residents may request a Special Collection by calling 703-248-5160, ext. 4 (TTY 711), before noon on Tuesday for Wednesday collection. The fee is \$75 per two cubic yards of material; appliances are charged separately at \$30 each.

Missed Collection?

If your items are properly prepared and set out by 7 a.m., they will be collected. Please leave items at the curb after reporting a missed collection. Questions? Call 703-248-5160, ext. 1 (TTY 711).

Backyard Composting Workshop:

Learn how to compost! Topics include: leaf mulching in your yard, yard waste composting, hands-on composting demonstration, making compost tea, proper food waste composting, and vermicomposting. All participants will have their names placed in a raffle to win free compost bins. Class is free. RSVP to recycling@fallschurchva.gov.

Location: Cherry Hill Park Picnic Shelter

Time: 2-4 pm

Date: Sept 23, 2017

Mary Riley Styles Public Library

ABOUT THE LIBRARY

The Mary Riley Styles Public Library is a full service library providing access to items in a wide range of formats: books, periodicals, CDs (recorded books and music), DVDs and downloadable content (eBooks, eAudiobooks, eMagazines, and eMusic). Computer access in the building includes 16 internet work stations, free Wi-Fi, and color and b/w laser printing. Patrons can additionally connect to nearly 20 research databases from home with a valid MRSPL card. Library services include book discussion groups, storytimes, summer and winter reading programs, internet tutoring, and a Local History Room. The library has two 24 hour exterior book drops, one of which is drive-thru.

Getting A Library Card

The library serves residents, employees, and property owners of the City of Falls Church and by cooperative agreement with the Washington Metropolitan Council of Governments, residents of certain cities and counties are also eligible for a library card: Arlington (VA), City of Alexandria (VA), Washington, DC, Fairfax (VA), Frederick (MD), Loudoun (VA), Montgomery (MD), Prince Georges (MD), and Prince William (VA). A subscription card is available for an annual fee for patrons who do not meet these residency requirements. Apply for a library card in person at the library or online at www.fallschurchva.gov/GetaLibraryCard.

Ebooks & More

With your MRSPL card, you can borrow from our growing collection of eBooks, eAudiobooks, eMagazines, and eMusic for use on your PC/Mac, tablet, or phone. Chose from thousands of popular books, magazines, and songs! To learn more about these wonderful online services, visit our website at www.fallschurchva.gov/Downloadable.



Mary Riley Styles Public Library
120 N. Virginia Avenue
www.fallschurchva.gov/Library

General Line: 703-248-5030
Renewal Line: 703-248-5175
Circulation Desk: 703-248-5031
Reference Desk: 703-248-5035
Youth Services Desk: 703-248-5034
Administrative Office: 703-248-5033

HOURS:

Monday	9 am - 9 pm
Tuesday	9 am - 9 pm
Wednesday	1 pm - 9 pm
Thursday	9 am - 9 pm
Friday	9 am - 5 pm
Saturday	9 am - 5 pm
Sunday	1 pm - 5 pm

Research from Home

Have a topic you need to research? Using your MRSPL card, search newspapers (including the Washington Post from 1877-present), stocks, historic Falls Church photos, and more! All from the comfort of your home! Learn more at www.fallschurchva.gov/ResearchTools.

Youth and Teen Services

The Youth Services department provides programming and services to infants, children, teens, and families. Regular infant and preschool storytimes are offered throughout the year. Two reading programs are offered during the year – the Winter Reading Program in February for ages 0-5 and the Summer Reading Program for all ages. In addition, there are book discussion groups for teens. Please see our webpage at www.fallschurchva.gov/YouthandTeenServices or call the Youth Services desk at 703-248-5034 for more information.

Adult Programs and Services

A wide range of adult programs and services are available throughout the year, including: three book discussion groups (with one geared exclusively toward for seniors); 1-on-1 internet tutoring; a weekly ESL conversation group; an adult Summer Reading Program (with amazing prizes!); and a variety of other topics (like health and wellness). Please visit the library's webpage at www.fallschurchva.gov/library or call the Reference Desk for more information.

For complete listing of all our programs for children, teens, and adults please visit the library website at www.fallschurchva.gov/library or calendar at www.fallschurchva.gov/LibraryCalendar.

General Information

MISSION STATEMENT

The mission of the Falls Church Recreation and Parks Department is to provide a year-round program of recreation and leisure-time activities for all groups and interest levels. The Department is dedicated to enhancing the quality of life and fostering a sense of community by providing superior recreational, educational and cultural services and through the effective maintenance and protection of the City's natural resources.



Open Gym Pricing

Register at the front desk before entering the gym

City Residents:	Free
Non-City Residents 5 and under:	Free
Non-City Residents 6-18 or 65+:	Free
Non-City Residents 19-64:	\$3

Hotline: 703-248-5077

Call the hotline above for the current schedule or visit

www.FallsChurchVA.gov/OpenGym.

Facility Locations

Falls Church Community Center

223 Little Falls Street

Cherry Hill Farmhouse

312 Park Ave.

George Mason High School

7124 Leesburg Pike

Mary Ellen Henderson

7130 Leesburg Pike

Registration Dates

Residents: August 14

Non-Residents: August 21

Brochure Availability

The brochure is available on-line at www.fallschurchva.gov/recreation. If you are a non-resident and prefer a mailed copy, please call **703-248-5027** or email recreation@fallschurchva.gov.

Policy of Non-Discrimination on the Basis of Disability:

The City of Falls Church does not discriminate on the basis of disability in its employment practices or in the admission to access to, or operation of its services, programs, or activities. Cindy Mester, 300 Park Ave., Falls Church, VA, has been designated to coordinate compliance with the ADA non-discrimination requirements. The City of Falls Church is committed to the letter and spirit of the Americans with Disabilities Act. This document will be made available in alternate format upon request. Call **703-248-5027**, (TTY 711).

Photographic Release:

By participating in programs and using our facilities, you are granting the City of Falls Church and the Parks and Recreation Department permission to use photographic images of you and/or your minors for marketing purposes.

Class & Athletic Program Refund Policy

For refunds submitted...

Ten or more days before
the activity start date 80% Refund/ 90% Credit

Five to nine calendar days before
the activity start date 90% Credit only

Less than five calendar days before
the activity start date No Refund/ No Credit

Programs cancelled by the Department... 100% Refund/ Credit

Camp Refund Policy

For refunds submitted...

More than fourteen days before
the camp start date 80% Refund/ 90% Credit

Less than fourteen calendar days before
the camp start date No Refund/ No Credit

Camps cancelled by the Department..... 100% Refund/ Credit

Some camps have different refund policies which are listed in the camp description. Special refund requests will be considered for medical reasons submitted with a doctor's note or relocation of at least 25 miles from the City of Falls Church. To request a credit or refund a "Request for Refund/Household Credit" form must be completed and submitted. All requests are handled using the guidelines listed above.

Inclement Weather Policy

Programs, activities and classes are divided into day and evening sessions. The Day Session includes all activities that take place or start between the hours of 8am and 3pm. The Evening Session includes all activities that take place or start after 3pm. Depending on weather conditions, it is possible that activities may be cancelled for the day session and held for the evening session or vice versa. **For up-to-date information, please call the inclement weather hotline at 703-248-5077.**

Holidays: Classes will not be held on City-observed legal holidays unless otherwise noted. Hobby Class Holiday Schedule: No classes held October 9, November 11, 23-26, December 2-3.

How to Register



On-line: Go to www.fallschurchva.gov/recreation. Full payment is required at the time of registration. Registration begins at 8am on the first day of registration.



Walk-in: 223 Little Falls St. There are no registration forms to complete. Registration begins at 8am on the first day of registration.



Mail-in: Mail-in registrations are processed at the end of the business day. Complete the registration form below, include payment, and mail to **Falls Church Recreation and Parks Department, 223 Little Falls St. Falls Church, VA 22046**



Phone-in: Phone in registration begins 8am the second day of registration August 15 and August 22. To register, call **703-248-5027** and have your credit card ready.

Registration Starts

Falls Church City Residents:
Monday, August 14, 2017

Non-City Residents:
Monday, August 21, 2017

Register Early: All classes are filled on a first-come, first-served basis. **Deadlines to register are typically one week prior to the start of the class. Early registration helps prevent cancellations.**

Senior Citizens: Senior Citizens (65+) residing in the City of Falls Church will receive a 50% discount on registration fees only. All supply or material fees must be paid in full.

Financial Aid: Financial aid is available for City of Falls Church residents only. Forms are available in the main office or call **703-248-5027** for more information.



Registration Form



For More Information: Call 703-248-5027; Fax 703-536-8150

Mail to Falls Church Recreation and Parks Department, 223 Little Falls St. Falls Church, VA 22046
Make checks payable to City of Falls Church. Only one family per form. Photocopies are accepted.
Payment must accompany registration. Late registrations are accepted if an opening is available.

Primary Household Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Evening Phone Number: () _____ Day Phone Number: () _____

Cell Phone Number: () _____ Email: _____

Participant Name	Male/Female	Date of Birth	Activity Registration #	Activity Name	Activity Fee
Total					

I understand that there may be risk inherent in any activity, including exercise, and I acknowledge that I have been advised to seek the advice of a medical doctor before I or my child participates in this program. I and my child agree to assume all risks of illness or injury resulting from participation in the program(s) noted below. I understand that the City of Falls Church makes no representations as to the safety of this program for me. I and my child hereby waive and release the City of Falls Church, its agents, officers and employees, including the program instructor, from and against all claims for illness or injury directly resulting from my participation in this program.

Participant Signature: _____

Date: _____

Confirmations: You will be notified if the class is cancelled or changed. Your receipt provides you with class information including start date, time and location.

Credit Card Information:

circle one:



Card Number: _____

Exp Date: _____



223 Little Falls St.
Falls Church, VA 22046

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Be a part of what makes the City of Falls Church a special place!

From movies under the stars to a day full of local food, pony rides and music, special events in the City of Falls Church provide unique experiences for all ages. We invite you to not only attend our special events, but become involved.

Sponsor a special event, make a donation or volunteer!

For more information on any special event and how you can get involved, please contact the Recreation & Parks Dept. at **703-248-5027** or recreation@fallschurchva.gov.

Upcoming Special Events this Season...

Sunset Cinema

September 8, 22, and 29



Fall Festival and Taste of Falls Church

Saturday, September 16

Farm Day

Saturday, October 7

Halloween Carnival

Saturday, October 28

Holiday Craft Show

Saturday and Sunday, December 2-3



Printed on recycled paper
containing 30% post-consumer waste